

HEALTH Taking another shot at quitting smoking Smoking Cessation Support Group offers help to quitters PAGE 17



SPORTS Seahawks fall in quarterfinals Stephen Decatur senior Catherine Winters spikes against N. Caroline PAGE 13



AZETTE BAYSIDE FREE

November 11, 2010

BERLIN + BISHOPVILLE + OCEAN CITY + OCEAN PINES + WEST OCEAN CITY + SELBYVILLE

No winners yet for State Senate, **State's Attorney**

BERLIN - The two most closely contested races in this year's Mid-term Election appear as if they'll remain so with more than 1,000 potential District 38 State Senate votes outstanding because of provisional, second round absentee, and military votes.

District 38 covers Worcester, Somerset and Wicomico counties. The number of outstanding votes is fluid because many of the absentee and military ballots that were sent may not be returned.

A federal suit found that Maryland had mailed some absentee ballots out beyond the 45 day pre-election deadline and extended the absentee due date for the late mailings to Nov. 12. In Worcester County alone 120 have already been returned and more returns are likely. The county Board of Elections put the potential outstanding votes at 507 with nearly 250 returned as of Tuesday.

With that many possible votes outstanding, the Worcester County State's Attorney's race could well come down to the second-round absentee and military ballots, which are not due to the Worcester County Board of Elections until Nov. 12 and Nov. 22 respectively.

The board was scheduled to evaluate more than 130 provisional ballots yesterday and will count the 120-plus absentee ballots they have in their possession by close of business tomorrow. As of Tuesday only 107 votes separated incumbent Joel Todd from challenger Beau Oglesby.

The State Senate race will also likely remain close as Del. Jim Mathias maintains a 439 vote lead over his opponent, Ocean City businessman Michael James, as of Tuesday.



SUBMITTED/BAYSIDE GAZETTE

TODDLER GYM - Worcester County Recreation and Parks staff invites parents and their little ones to join them for Toddler Gym this fall at the Worcester County Recreation Center in Snow Hill each Tuesday from 10-11 a.m. Above, a toddler has fun at a recent session at the Recreation Center.

SHOW YOUR SUPPORT FOR VETERANS

Wreaths Across America looking for more donations

> BY TONY RUSSO STAFF WRITER

OCEAN PINES - Last year, members of the Worcester County Veterans Memorial Foundation (WCVMF) engaged in their first real participation in the Wreaths Across America program, although many of them had been participat-

INSIDE Veterans Day ceremony is 11 a.m. at county Veteran Memorial in Ocean Pines page 6

ing in the program for longer than that. WCVMF secretary Marie Gilmore helped to organize the

drive that places nearly 300 wreaths on the graves of fallen soldiers in the Eastern Shore Veterans Cemetery in Hurlock.

While the group provided 85 percent of the wreaths placed, since the cemetery is the final resting place of more than 5,000 service members, this year the WCVMF is making an even greater effort to reach out to the wider community for greater support.

"We'd eventually like to be able to have wreaths on all the graves," See WREATHS, page 6

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BAYSIDE GAZETTE

NOVEMBER 11, 2010 3



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Operation We Care gathering supplies for troops on Sunday

POWELLVILLE - Operation We Care will attempt to reach halfway around the world and touch the heart of community members.

The community project, started by the Eastern Shore Harley-Davidson Owners Group (HOG) and spearheaded by its director, Jeff Merritt, has set a goal of 300 boxes of love from home to be delivered to service members serving in theaters of conflict.

The boxes will be packed Sunday, Nov. 14, following Veterans Day and delivered before Christmas.

The donation list is also available at www.easternshorehog.com, Minuteman Press in Salisbury and most drop-off points. Donations can be dropped off at Barrett Chevrolet at 10419 Old Ocean City Blvd., Berlin, Minuteman Press and Clear Channel radio in Salisbury, BB&T Bank in North Salisbury, Dr. John Schneider in Easton, Mr. Baldy's Family Restaurant in Chincoteague and Harley-Davidson of Seaford.

Cash donations will be used for postage, as each box costs \$12.50 to ship to the troops. The Ocean City Post Office delivers most of the boxes to Iraq and Afghanistan in about a week to 10 days.

If you know a local member of the military who is deployed or is soon to be deployed, contact Jeff Merritt, coordinator of Operation We Care at 410-713-8940 or jemerritt314@yahoo.com.

Last Veterans Day, the group placed and shipped more than 260 of the U.S. Postal Service boxes with products donated by residents of Delmarva's three states. The group did another 226 boxes in May, after Armed Forces Day.

The boxes are the equivalent of a warm hug from home, extended to those serving the country abroad. Each package contained at least one box of Girl Scout cookies, donated by the Chesapeake Bay Girl Scout council. Members of Troop 688 decorated all 226 boxes with handdrawn artwork and messages of support before they were packed.

The top ten items needed for the projected 200 boxes to be shipped include bars or bottles of body soap, small packs of baby wipes, pull-top cans of pasta, hot chocolate packets, cotton balls, playing cards, dental floss, deodorant (non aerosol), shampoo and tea bags. Zip-lock bags in the sandwich, quart and gallon size are also needed to separate items for shipping.







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SUBMITTED/BAYSIDE GAZETTE

Members of two Berlin churches, The Worship Center and Sonrise Church, returned from a 10 day mission trip to Ecuador where they constructed a church building for the village of Santa Rosa in the Galapagos Islands

Local churches unite to build church in the Galapagos Islands

BERLIN - Years ago, the beautiful Interestingly, neither The Worship Galapagos Islands were made famous by Charles Darwin, who introduced the idea of evolution to the world.

In the wee hours, Wednesday morning Oct. 13, 37 Christians from two Berlin churches, The Worship Center and Sonrise Church, returned from a 10 day mission trip to Ecuador where they constructed a church building for the village of Santa Rosa in the Galapagos Islands.

The project was born during a similar venture last November to construct education facilities at the island's mother church, Hosanna Christian Center. The missionary leader requested prayer for a group of believers who would certainly never have the funds to construct a church building themselves.

Overwhelmed with compassion, that group and others pledged to give of their abundance to support their brothers and sisters in Christ in the Galapagos. Center nor Sonrise Church currently worship in a building of their own.

Bryan Pugner, pastor of the Worship Center, said, "Only God deserves credit for what was accomplished in the Galapagos last week. He provided the land, the people, the passion, and the skills needed."

Pastor Daryl McCready of Sonrise Church agreed. "The uniting of two different denominations working together is truly a miracle in today's times," he said. "But God has united our hearts to accomplish His work, not only in the Galapagos, but here in Berlin. We believe that unity of Christ's followers reflects a true picture of God's kingdom."

The two churches have worked together and with other area churches in and for the local communities on numerous occasions for years. "It's what we're all about," said Pugner.

Communities come together to send gifts to troops overseas

BERLIN – The holiday season is a time for the community to remember service men and women overseas who put their lives at risk. During November items will be collected that will help make the soldiers' days a little easier and their holidays a little brighter.

Black containers will be placed at the following drop off locations until Nov. 30: Ocean Pines Administration Building; Ocean Pines library; Berlin library; Berlin Legion Post 123; Ocean City library; American Legion Post 166 in Ocean City (23rd Street); Ocean City VFW on 66th Street.

Suggested items are: powdered drink mixes like crystal light, Gatorade, tea, and coffee, telephone cards, chewing gum, canned fruit and nuts, sunglasses, suntan lotion, Slim Jim's, beef jerky,

board games, and playing cards, paperback books, cotton socks.

Also toiletries like toilet tissue, men's and ladies toiletries such as Advil, Tylenol, aspirin, Tums, toothpaste and toothbrushes, dark hand towels, wash cloths, emery boards, nail clippers, foot powder, talcum powder, body lotion, chap stick, deodorant and more.

No liquids or perishable items. Of course cash donations and phone cards are always appreciated as well.

All containers will be collected by volunteers on or about Nov. 30 and taken to the Ocean City Legion Post 166 to be packaged for mailing overseas to men and women serving the country. If you have any questions, call Anna Foultz at 410-641-7667.



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FROM PAGE 1

Gilmore said. "I hope it's something I can see in my lifetime."

For now, the hope is to start the movement growing in the area, raise aware-

WANT TO HELP? Anyone interested in participating in the Wreaths Across America program with the Worcester County Veterans Memorial Foundation may contact Marie Gilmore at 410-208-6612. To donate, send a check for \$15 per wreath to Wreaths Across America. P.O. Box 1576. Ocean Pines, MD 21811. To have a wreath placed on a specific grave at the Eastern Shore Veterans Cemetery include the name and the plot number.

ness about the need and, with any luck, grow local contribution significantly until its reached critical mass. And there are few organizations better mobilized to meet the need than the WCVMF, which supports veteran's causes both in kind and monetarily.

"This is a perfect fit for the Veterans Foundation," Gilmore said. The Wreaths Across America program is a national effort.

Trucking companies and truckers donate their participation bringing the wreaths from Main to the 50 state capitals. The "Worlds Largest Veterans Parade" begins Sunday, Dec. 5, with trucks leaving Main bound for the respective state capitals and Puerto Rico. From there the wreaths are Veterans Day ceremony Nov. 11

OCEAN PINES - This year's annual Veterans Day ceremony at the Worcester County Veterans Memorial at Ocean Pines is being dedicated to WWII and Korean veterans. Keynote speakers will include three individuals who served in these conflicts.

Emerson Lloyd served in the U.S. Army 26th Infantry, 1st Division during WWII. He was wounded at the Battle of Bulge and was awarded the Purple Heart Medal. Lloyd will speak about his experiences during WWII. Eric Nilsson also served in the U.S. Army as a chemical staff specialist assigned to the 8th Army I Corps Headquarters at Uijongbo, Korea. He received several medals for his service.

distributed regionally.

Each state capital has scheduled a state wreath laying for the following day.

Since, especially considering its relative distance to Arlington National Cemetery, the Eastern Shore Veterans Cemetery is small, groups such as the WCVMF and individuals are charged with distributing the wreaths. Gilmore said the Ocean Pines Garden Club has been an invaluable aid both in raising money and in helping to place the wreaths.

Gilmore said that members of the Civil Air Patrol have also taken up the cause and will provide support in both fundraising and distribution around the country.

Although officially, the wreath program will not place wreaths on specific graves, Gilmore said the WCVMF is happy to comply with such requests. She said there are so many volunteers

Nilsson will be sharing his remembrance of his duty in Korea.

Carol Kenney will be reading excerpts from her late husband Dan's book on his experiences during service in Seoul, Korea, where he was wounded during the battle of Bloody Ridge.

Dan Kenney passed away in 2006, but left a wonderful legacy with his "Remembering the Forgotten...a Personal Account of the Korean War." It took him 50 years to complete his story.

The ceremony will begin at 11 a.m. on Nov. 11. Special music will be performed at the ceremony that is certain to bring back memories of the times.

who go up to place the wreaths that it's a pleasure to be able to provide the small service to family members.

Given the person's name and the grave number the volunteers split the requests among themselves and take the time to find the specific grave. Gilmore said they also take a photo of the placed wreath to provide the donor should they want it.

Gilmore and the Garden Club, WCVMF members and other volunteers will make the trip to Hurlock the morning of Saturday, Dec. 11, and, in coordination with similar events at veterans cemeteries around the country place the wreaths on the graves section by section until the supply is exhausted.

Nothing would make them happier than to spend the entire day placing wreaths because of overwhelming response.

Visions for Total Health Conference on Nov. 20

BERLIN - Community members can still register for Atlantic General Hospital's 12th Annual Visions for Total Health Conference scheduled for Saturday, Nov. 20 at its new location, The Community Center at the Pocomoke Fire Company.

This year's conference, titled "On the Road to a Healthier You," will offer medical and holistic health expertise on a variety of topics, provided by local health professionals.

The conference will feature Father Leo Patalinghug, creator of "Grace Before Meals." Father Leo will provide a cooking demonstration while discussing the value of family meal time. He has been featured on the Food Network and is currently in production of a TV series based on Grace Before Meals.

Father Leo uses his background as a former competitive break dancer, black belt in Tai Kwon Do, singer, teacher, world traveler and cook to get to the heart of family and relationship troubles. For more information about Father Leo, visit www.gracebeforemeals.com.

8-11 a.m. - free health screenings, including cholesterol (12 hour fast), blood glucose (8 hour fast), PSAs, blood pressure screenings, foot screenings, vision and hearing screenings, and body composition is this what is included in the "Labs"

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Town delays vote on rezoning for hospice care facilities

BY TONY RUSSO STAFF WRITER

BERLIN – The Town Council held a public hearing on whether to change the definition of the R-1 residential zoning code to include nursing, hospice and other care facilities as Coastal Hospice looks to open a center off Broad Street near Purnell Crossing, but elected to put off the vote for the second time in as many meetings.

Troy Purnell, who testified before the council and recused himself as a councilman for the process, said the hope is to eventually extend the development through to Old Ocean City Boulevard.

The legislation was put off at the October meeting to limit the amounts and kinds of lights such a facility could have and minimize the intrusion on neighboring residences.

Alane Capen, president of Coastal Hospice, said they were working to create a hospice in Berlin, starting with six beds and eventually expand to 12 and would include quarters for the staff that covers home hospice patients in the northern Worcester area.

"Unlike a hospital or Coastal Hospice by the Lake, this would not be acute care," she said. "The level of care they would require would be the same as we would provide for them in their own home."

The new facility's focus would look

more like independent living than its more hospital-like Salisbury facility and include places for family to stay while they visit.

She said that Worcester County was Coastal Hospice's largest area of growth, given the percentage of retirees in the area.

Councilwoman Paula Lynch pointed out the requested change was closely tied to another resolution that had yet to have its first hearing and suggested tabling the measure so both could be voted on at once. Otherwise, she reasoned, the council would be committed to passing legislation regardless of the second public hearing's outcome or be forced to live with only partial legislation.

The council delayed voting on an ordinance that would change the district regulations for the R-1 residential district so they could consider it in tandem with a potential change they are to consider at the next meeting. The other piece of legislation provides a clearer definition for what counts as a nursing or hospice facility.

FIRE SPRINKLERS

The council also heard the first reading of a resolution exempting the town from requiring fire sprinkler systems in all new construction. Citing the fact that the town receives no tax-differential from the county as well as the "more



than adequate" coverage provided by the Berlin Volunteer Fire Company, the town proposes to opt-out of the state building code modification.

The council passed a measure allowing it to act as a conduit through which \$6 million in federal funding would be funneled to the state. Mayor Gee Williams said federal funding rules required the grant be directed through a town but the town has no option to spend it. According to town administrator Tony

Carson, the state chose Berlin because of its reputation for efficiency.

The council granted permission to the Berlin Lions to hold the Berlin Christmas Parade, 7 p.m. Thursday, Dec. 2.

"It's the highlight of Victorian Christmas," Williams said. "And it just gets better and better every year."





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SUBMITTED/BAYSIDE GAZETTE

TALENTED YOUTH – Among the Worcester Prep students commended by the Johns Hopkins University Center for Talented Youth were brothers Jordan (left) and Jamie Welch. The boys, in grades 6 and 9, were honored at JHU's Shriver Hall for their high scores in State of Maryland CTY testing. They are the sons of Patricia and Edward Welch of Ocean Pines.



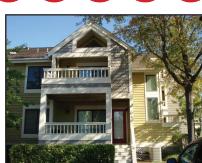
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crop. Participants will learn about composting, rain barrels and other sustainable gardening practices. For information, contact Katherine Munson at 410-632-1200, ext 1302. OCEAN PINES LEAF COLLECTION Fall leaf removal has been an ongoing

BERLIN LIBRARY HARVEST

Master Gardeners, volunteers and library staff invite the public to attend a Final Harvest

and Celebration 10 a.m. to noon at the Berlin

library on Nov. 13. All ages are welcome, and

The program will include harvesting the

garden for the last time this season and pre-

paring it for the winter months with a cover

no experience is necessary.

challenge for the Ocean Pines Association. The OPA team has been working to develop a new strategy to accomplish this better. Chesapeake Waste will collect up to four bags of leaves each pickup in addition to your regular trash pickup.

OPA encourages residents to use Chesapeake Waste to remove up to eight bags a week. In addition, Ocean Pines Public Works will also be traveling around the neighborhoods vacuuming the leaves from our ditches.

Ocean Pines will be collecting any amount of bags on the opposite days the Chesapeake Waste trucks are in your area. Chesapeake Waste picks up on the South Side Tuesdays and Fridays and North Side on Mondays and Thursdays. The pickup times will be from 7:30 a.m.-3 p.m. Nov. 15 through Dec. 22.

In addition to this, the Public Works Yard, located behind the Southside Fire Station, will be open Five Saturdays from Nov. 20-Dec. 18 from 8 a.m.-2 p.m. for leaves or yard debris only, bagged or bulk. When bagging, you can put the leaves in a paper bag, which is preferred, or use plastic bags.

BULK COLLECTION

WWW.BAYSIDEOC.COM

Bulk collection for Berlin residents will be held on the following dates: If your regular collection day is Thursday, your bulk collection will be on Wednesday, Nov. 17.

Residents must have items for collection set out by 7 a.m. Materials placed for pick up at any other time will not be collected. Regulations:

•Small items must be placed in a container at the curb and weigh no more than 100 lbs. •Collection is for improved, occupied resi-

dential properties only. •Regular household garbage and yard

waste is not part of this collection. •Commercial and industrial properties are not included in this collection.

Items to be collected: bulky items such as furniture, mattresses, toilets and sinks, refrigerators, washers and dryers, carpet, tables and chairs, televisions, computer components.

Items not collected: hazardous waste construction materials, yard waste/brush, paint, propane tanks, tires.

For more information regarding acceptable items for collection, call the Berlin Public Works Department at 410-641-4001.

DUNE PLANTS AVAILABLE

The town of Ocean City, for the fifth year, is offering beach district plants to the public for planting in the secondary dune area. The hardy plants tolerate the harsh environment of the oceanfront areas and provide habitat enhancement, water quality treatment and erosion control.

Grant applications will be accepted starting Nov. 29 for first time applicants and Dec. 13 for previous grant recipients. Call Gail Blazer, town of Ocean City Engineering Department, at 410-289-8825 for an application and order form.



BAYSIDE GAZETTE

WANT MORE INFO?

Any business owner in the B-1 downtown area interested

in learning more about the

Downtown Facade Program

should contact Michael Day

works is the business owners

applies for the grant and, after it's approved, have the work

done. When the project is over

they submit their bills to the

town, which reimburses half of the cost up to \$10,000. The

town then sends the bill to the state for reimbursement.

Day said there is still plenty

of funding available for eligible businesses and that the state

awarded Berlin an additional

\$50,000 in facade grants this

year. The town has two years to

Some business owners have

taken out loans to maximize the

amount of work they can get

done and, while the town can-

not provide direct loan assistance, Day said his department

would gladly provide lenders proof that half of the project

cost will be government-paid.

The longest part of the pro-

cess is getting approval from the Maryland Historic Trust," Day

said. "And their turnaround is

spend each grant.

410-629-1722.

BAYSIDE Improvement Process



Facade Improvement Program is sprucing up downtown

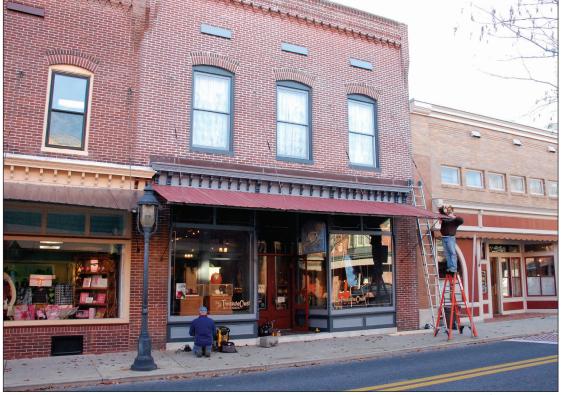
BY TONY RUSSO STAFF WRITER

BERLIN – While the town's downtown character hasn't changed, over the coming months the look will be a little fresher as local merchants continue to take advantage of the Berlin Main Street Facade Improvement Program sponsored by the Maryland Department of Housing and Community Development.

This week the town council approved the reimbursement payment to Ta-Da, the most recently completed facade replacement downtown. The Treasure Chest is near completion as well and the list of property owners applying for the matching grant continues to grow.

The Berlin Main Street Facade Improvement Program is aimed at encouraging businesses to invest in their exteriors by matching up to \$10,000 worth of facade replacement or repair, allowing merchants to make up to \$20,000 worth of improvements for half the cost.

While business owners can spend as much as they like enhancing their property's face value, huge projects aren't the rule. In addition to the obvious



TONY RUSSO/BAYSIDE GAZETTE

On the south end of Main

Street, Donaway Furniture has

applied to have facade work

done both on the main building

and on the Pitts Street ware-

Last year Berlin was awarded

\$75,000 in grants to admin-

ister the program. The way it

house.

Workers put the finishing touches on the facade replacement project at the Treasure Chest on Main Street in Berlin. The Treasure Chest and Ta-Da are among several participants in the government grant supporting downtown development.

work done on the front of the Treasure Chest, Berlin Director of Economic and Community Development Michael Day said owner Terri Sexton also had the Broad Street gate at the building's rear entrance was also replaced.

Similarly, the Baked Desserts

building was recently approved to have a smaller amount of work done. The North Main Street shop will have window and door replacement done to the property, which will freshen it up without the expense of a total facade redo and still be covered by the matching grant.



about Social Security and Medicare and the assumptions used in estimating future benefits (more about Medicare at a later date).

Monthly benefit. The statement contains an estimate of the amount you would receive if you were to retire at age 62 (the earliest date you can receive benefits), the amount if you waited until full retirement age (which currently ranges from 65 to 67, based on birth year), and the larger benefit you would receive if you continued working until age 70 before claiming retirement benefits.

Survivor's and disability benefits. The statement also shows what your disability benefit would be if you were to become fully disabled right away, as well as what your survivors might be entitled to if you were to die right now. For instance, your children would receive a percentage of your retirement benefit until they reach age 18, and your spouse would receive a specific benefit while caring for a child and a different amount when reaching full retirement age.

Statement of earnings. Finally, your report will contain a year-by-year synopsis of your earnings record (the years you worked, your taxed Social Security earnings, and how much you and your employers paid in Social Security taxes and Medicare). You should thoroughly check these num-

bers against your own records because the Social Security Administration can make a mistake. It's best to resolve any differences before you need to claim your retirement benefits.

30 days."

It's interesting to note that the Social Security Statements now include a warning about the significant problems facing Social Security in the future. It mentions the possibility that later on this decade they we will begin to pay more in benefits than what they collect in taxes. Furthermore, it states that by 2037 the Social Security Trust Fund will be "exhausted" and there will only be enough money to pay about 75 percent of planned benefits.

This reminds us that we taxpayers are ultimately responsible for funding our own retirements and that future Social Security benefits may be lower than specified by our Social Security Statements.

Chip Gordy, MBA, CRPC is an investment advisor representative with Coastal Wealth Management, LLC, specializing in wealth and retirement planning. He can be reached at 410-208-4545 or chip@coastalwealthmgmt.com. Registered representative, securities offered through Cambridge Investment Research Inc., a broker/dealer, member FINRA/SIPC. Coastal Wealth Management LLC and Cambridge are not affiliated.

Social Security income explained

piece.

My partner and I often get many

questions regarding social security

this information again in this week's

your future Social Security benefits

used to be a tough thing to do. But

now it's gotten much easier as the

Social Security Administration pro-

benefits, so I decided to include

Once you retire, figuring out



By Chip Gordy

vides a Social Security Statement to working taxpayers aged 25 and older. This statement, which is sent two to three months before your birthday, provides a report of how much you and your employer(s) paid in Social Security taxes as well a summary of the estimated benefits you may be eligible to receive.

The Social Security Administration will also provide a statement to any taxpayer who requests one. To request a statement, simply call 800-772-1213 or by applying online at www.ssa.gov.

Based on this information and its own records of your previous Social Security payments, they will provide a four-page Social Security Statement that lists the benefits you're likely to receive upon your retirement, as well as general facts



Ocean City wins state tourism award for Rodney campaign

OCEAN CITY – The town of Ocean City has been awarded "Best Continuing Campaign" in the State of Maryland for its "Rodney the Lifeguard" campaign created by the town's advertising agency, MGH Inc.

The award was presented on Thursday evening at the Maryland Tourism and Travel Summit in Annapolis.

Nominated by Maryland State Delegate Jim Mathias, the "Rodney" campaign was recognized by state tourism officials for its success in increasing tourism in Ocean City at a time when other destinations were struggling amidst a weak economy.

In the second year of the campaign, Ocean City realized a 6 percent increase in June room tax, an almost 10 percent

Facade

FROM PAGE 11

Because the Berlin downtown area is an historic site as well, there is an additional approval step. The rest of the process can be measured in weeks or in some cases days.

The program is modeled after the successful Ocean City Development Corporation program that helped many of the resort's business district's busiincrease in July and 5 percent increase in August. The 2010 Rodney campaign featured two new television commercials with Rodney the Lifeguard rescuing people and bringing them to Ocean City.

"We are thrilled to have our Rodney campaign recognized by Maryland Tourism officials," said Mayor Rick Meehan. "It is quite an honor to be recognized and we are most appreciative of Delegate Mathias' support in submitting the nomination for the award."

Ocean City Tourism Director Deb Turk and Communications Manager Donna Abbott accepted the award on behalf of the town at the Maryland Tourism and Travel Summit awards banquet held Thursday evening at the Loew's Annapolis Hotel.

nesses improve their look. So successful has that program been that it was recently expanded to include residences.

While Day said it was possible that Berlin would eventually have the same kind of success, he pointed out that weather played a part in the resort's expansion.

But as with much state money it's a use it or lose it proposition, and for owners looking to increase both their property's value and the area's appeal it's a hard deal to beat.







Anne Winters and Julia Miller attempt to block a shot from Reservoir during the first set on Monday evening at Stephen Decatur High School. (Below) Hallee Carr (40) and Anne Winters try to dig a Reservoir spike in the second set of the guarterfinal match. For more photos, visit www.melvillemediaphotos.com.

Reservoir ends Stephen Decatur's season



CEAN PINES 410-641-5262 MARYLAND STATE INSPECTION ONLY \$64.95 - (Reg \$74.95)

BERLIN – After a tough loss to North Caroline in the Bayside Conference championship match last week, Stephen Decatur took the court against Reservoir in the 3A East Region quarterfinals on Monday evening.

Unfortunately for the Seahawks, they suffered another tough loss (25-23, 25-18, 25-9) on their home court, which ended a terrific season.

"It's been a good season and good run for us. I'm very proud of them," said SDHS coach Bertha Ortiz. "They shouldn't hold their heads down." Decatur played at its best in the first set coming back to tie the game at 20 and then pull within 22-23 before losing the next two points. In the second set Decatur kept pace with Reservoir until after a 16 tie when the visitors went on a 7-0 streak to pull away.

THOMAS MELVILLE/BAYSIDE GAZETTE

"In the first two games I thought the girls came out fired up," Ortiz said. "They played their game. The first game could have been anyone's ball game." In the third set Decatur TO PAGE 14

SPORTS BRIEFS

BOAT CLUB DINNER DANCE On Sunday, Nov. 14, the Ocean Pines Boat Club will hold its annual Meeting and Change of Watch Dinner Dance at the Golden Sands Club at 6 p.m. with a cash bar and dinner served at 7 p.m. Call Sharon Connelly 410-641-5280 for information.

ANGLERS CLUB MEETING

Ocean Pines Anglers Club meeting will take place 9:30 a.m. Saturday, Nov. 13, at the Ocean Pines library. The speaker will be Art Childs, owner of Accurate Marine LLC.

He will speak about the process of winterizing boat motors including changing lower unit lubricant, topping off the gas tank and spark plug changes as well as answering any questions. All welcome.

THANKSGIVING DAY DASH

The inaugural Thanksgiving Day Dash, sponsored by CrossFit Ocean City, will take place at 9 a.m. at the Worcester County Veteran's Memorial at Ocean Pines on Thanksgiving day, Thursday, Nov. 25. The event will be Free to the public.

All they ask for is a new, unwrapped toy for donation to the Marine Corps Reserve Toys for Tots Program. The course will involve three loops around the pond (approx. 2.4 miles) with optional obstacles placed along the route to spice up the race.

TRAIL RUN NOV. 14

Mariner's Bethel United Methodist Church announced the Eighth Annual Mariner's Bethel Trail Run and Walk will be Nov. 14. Held at the Assawoman Wildlife Refuge at Camp Barnes, the race will be held rain or shine at 1 p.m. Unlike any other run on the peninsula, this is a beautiful run through dirt roads, grass and trails.

Participants can take part in a 7mile race, a 5K race, 3 mile walk or 1 mile walk. New for race, there will be Kiddy Dash for children ages 10 and under will start at 12:45 p.m. T-Shirts are guaranteed to all pre-registered participants.

Water stops and lunch will be available for all runners and walkers. Lunch is also available to non-participants at \$ 5 for adults and \$3 for children.

On the day of registration, the fee is \$25, \$12 for ages 12 and under. Registration is available online through www.active.com or www. marinersbethel.org.





See store for details **RT113BoatSales.com • 302-436-1737** Across from 84 Lumber at MD. DE. state line BERLIN – The Berlin Junior Dolphins football team improved to 7-0 on season with a 39-0 win over Dover Destroyers.

Dolphins took control early scoring on first their four possessions with touchdown runs by Colton Lohnas, Collin Gaynor, Sam Coates, a touchdown pass from Justin Meekins to Tyree Adams.

Ernest Shockley scored a defensive touchdown as he recovered a fumble and rambled 35 yards for the score. Berlin completely dominated the first half taking a 33-0 lead into the half.

In the second half both teams went with their B teams and Dolphins added one more score, a touchdown by T.J.

committed several errors and grew frus-

trated as Reservoir opened up a 10 point

lead en route to an easy win. "In the

third game they started making pass-

ing mistakes and they couldn't get it

together and they started thinking about the last two plays instead of shaking it

For Decatur, Catherine Winters had

five digs and five kills while her sister

Anne Winters contributed four digs and

three blocks. Lauren Rolleston added five

kills and two blocks for the Seahawks.

/ollevball

FROM PAGE

off," Ortiz said.

Scarfone while completing the shut out. Berlin Junior Dolphins close out the regular season with Spow Hill 7:40

regular season with Snow Hill 7:40 p.m. on Thursday, Nov. 11, at Salvation Army.

Meanwhile the younger Cadet Dolphins (6-0) were idle in preparation for the highly anticipated match against rival Snow Hill (5-1) 10 a.m. on Saturday, Nov. 13, at Salvation Army Stadium in Salisbury.

The Dolphin Youth Cheerleading squad is still accepting sign-ups. The new cheerleaders will perform at the Cadet game. For more information, visit www.BerlinFootball.org.



Amy Casey (9) celebrates a point with her teammates against North Carolina last week.

Last week Decatur lost to North Caroline in the Bayside championship match 3-1.



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Worcester Prep SGA President Joseph a dynamo

BERLIN - Seventeen-yearold Kyle Joseph is a dynamo at leadership and organization.

The students at Worcester Prep selected him to be their Student Government President for the 2010-2011 school year, and he's begun his administration with an array of community service and fun activities, not only for Grades 9-12 but also for PS-12.

Kyle and his officers organized Spirit Week for Grades 9-12 with Career Days, Character Days, Sports Team Days, and Fashion Disaster Days. There were presentations of "Most Spirited" awards and faculty versus students dodge ball games.

The week ended with a pep rally and picnic for all students on Friday, and a Homecoming Dance for students in Grades 9-12 in the Athletic & Performing Arts Center on Saturday.

Kyle and his officers are busy planning for other school year activities such as the SGA Holiday Food Drive to ben-

NEWARK - Jane Chisholm,

Extended School Program

administrator at Pocomoke

Middle School, was recog-

nized by the Maryland State

Department of Education

(MSDE) for her outstanding

service and contributions to

Maryland's extended learning

Chisholm and 24 other

recipients from across the

state were each presented with

a plaque at the annual Lights

On After School banquet in

The recognition honors

Lights On After School educa-

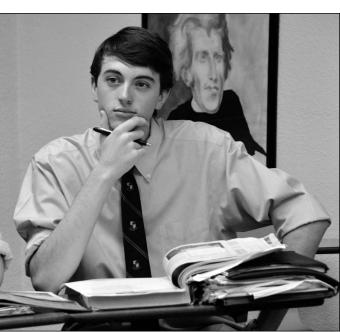
tors throughout the state who

serve students by administer-

ing exceptional 21st Century

programs.

Baltimore.



SUBMITTED/BAYSIDE GAZETTE Worcester Prep SGA President Kyle Joseph listens during a history class.

efit needy families in the area, as well as a Winter Formal Dance and spring athletic tournaments.

An all-round student, Kyle is a member of the National Honor Society, the Spanish National Honor Society, the Worcester Volunteers, and The Beak Speaks Newspaper staff while also serving as the President of The Jefferson School Alumni Association and as Chairman of Worcester Preparatory School's Earth Day Extravaganza.

His coursework includes Advanced Placement Literature and Composition, Advanced Placement Calculus AB. Advanced Placement Physics B, Honors Spanish IV, Contemporary Issues, Advanced Integrated Technology, and Computer Elective.

Excellent at public speaking and debate, Kyle has given talks to students in the Lower and Middle Schools about study habits, school citizenship, and his forte, leadership. He also served as a proctor to interviewees for the State of Maryland Senate Page Program hosted by the Worcester County Board of Education.

In his spare time, Kyle enjoys spending time with his friends, keeping up on politics, reading literature, and running.

After graduation from Worcester Prep in May, Kyle hopes to be at Yale University or the University of Richmond, where he'll major in Biology and Political Science on his way to a career in Ophthalmology and Politics.

SCHOOL BRIEFS

POETRY OUT LOUD Stephen Decatur High School will once again be holding its annual Poetry Out Loud competition in the Black Box theatre room on Thursday, Nov. 18, beginning at 1 p.m. Community members are welcomed to attend the free event, which celebrates poetry, and showcases the dramatic and public speaking skills of local students.

Two area winners will be selected to compete in the regional competition. Last year, Stephen Decatur High School senior Tracy Morey went on to place at the state level.

Poetry Out Loud is a national event that began in 2006 by the National Endowment for the Arts and the The Poetry Foundation. Thousands of students across the nation as well as Washington D.C. and the U.S. Virgin Islands participate in the event, which requires participants to perform dramatic recitations of 3 selected poems.

State winners eventually move on to compete at the national level where well known literary figures serve as judges. For more information, contact Stephen Decatur High School English teacher Dawn Russell at 410-641-2171.

WPS OPEN HOUSES

Worcester Preparatory School open house with tours of the school and information about curriculum and programs for preschool through grade 12 children 9 a.m. Tuesday, Nov. 30, and 9 a.m. Wednesday, Jan. 12, at 508 South Main St. Berlin

For information. call 410-641-3575. www.worcesterprep.org.

SCRABBLE TOURNAMENT

A scrabble tournament will be held on Friday, Nov. 12, at 6:30 p.m. in the Student Center at Wor-Wic Community College on the corner of Route 50 and Walston Switch Road in Salisbury.

The tournament, which is sponsored by the Alpha Nu Omicron chapter of Phi Theta Kappa at Wor-Wic, will include three timed games. Prizes will be awarded to the highest scorers. The cost is \$10 per

player at the door. Doors open at 6 p.m. Snacks will be available for purchase. For information, contact Terry Thompson at 410-572-8722 or tthompson@worwic.edu.

FRIDAY NIGHT LIGHTS SPORTS NET

Friday 11/12 at 6:30pm: Decatur @ River Hill (3A Playoffs) Friday 11/12 at 9pm: Indian River @ Sussex Central Log onto www.sfmsports.net or Listen on Talk Radio 101-1 FM

SUBMITTED/BAYSIDE GAZETTE

Chisholm honored by State Department of Education for service

Jane Chisholm (center), with Assistant State Superintendent Ann Chafin and Deputy State Superintendent John Smeallie.

Community Learning Centers programs. 21st Century

Community Learning Centers provide academic enrichment

opportunities for students during non-school hours, helping students to meet state and local standards in core content areas - such as reading and mathematics.

Chisholm was nominated by Worcester County Public Schools because of her outstanding leadership in both the after school and the science and technology academies offered at Pocomoke Middle School.

"Jane Chisholm has been a constant support to other after school administrators and personnel, always willing to share her knowledge," said After School Grant facilitator Fred Smith.





Sun. 7 a.m. - 8 p.m.

Beauchamp wins pageant scholarship

BERLIN - Worcester Prep junior Hannah Beauchamp was among the semifinalists selected in the Miss Maryland Teen USA Pageant in Bethesda.

She placed in the top 15 of 61 girls and was awarded a Humanitarian Service Award for her contributions to the homeless in the city of Baltimore. As a semifinalist, Beauchamp received a \$29,600 scholarship to use at Lindenwood University in St. Charles, Mo.

It was Beauchamp's first time entering the competition, and according to her, "It was a valuable experience for me. I learned a great deal about public speaking, teamwork, posture, presentation, and much more. In addition, I made some wonderful new friends."

She is the daughter of Susan and Barry Beauchamp of Salisbury.



Hannah Beauchamp



With some of the many books collected are Worcester Prep volunteers and Shine NOW members: (seated) Devin Zorn, Duncan McIntosh; (standing) Kelley Chandler, Erin Cook, Brittany Flurer, Carson Wigley, Katelin Talbert, Chris Fisher, Bethany Parks, and Jeffrey Andresen.

Prep students volunteer in local schools

BERLIN – Representatives from Worcester Preparatory School's Worcester Volunteers teamed up with Shine NOW youth committee to sponsor a children's book drive for a local Title One school in Worcester County.

Shine NOW is an acronym for Students Helping In Neighborhoods Everywhere NOW and that is exactly what this group has set out to do.

During the weeks of Oct. 4 through 15, homeroom teachers at Worcester Prep collected gently-used hardcover and paperback books for children from pre-school to fifth grade, raising over 2,800 books. The homeroom that collected the most books after the two weeks was rewarded with a doughnut party. Mrs. Amanda

SUBMITTED/BAYSIDE GAZETTE

Lynch's fourth grade class was the overall winner raising over 580 books. The books have now been sorted thanks to Worcester Volunteers and Shine NOW members are ready for delivery to Pocomoke Elementary School, Pocomoke Middle School, the Worcester County Women's Correctional Facility, Diakonia Homeless Shelter, and the Berlin Homeless shelter.



Tony takes another shot at quitting smoking

BAYSIDE GAZETTE

Worcester County Smoking Cessation Support Group offers help to quitters

BY TONY RUSSO STAFE WRITER

WWW.BAYSIDEOC.COM

BAYSIDE

BERLIN - Although it's true that people can and do quit smoking successfully cold turkey and without any help, the more common case is people try and fail to quit smoking several times before they succeed.

While it's almost common knowledge by this point that the physical nicotine addiction is relatively easy to break, the psychological addiction cannot be overstated. It's as much about a lifestyle change as it is about an attitudinal one and everyone had different tactics to cope with making that attitudinal change.

This is why the Worcester County Smoking Cessation Support Group can be such an important part of a person's success in quitting. Meeting weekly with people who are having similar experiences and difficulties and hearing how they're coping with this difficult task is a good way of understanding ones own struggle. As an active member of the group a person is able to give advice as much as they get it.

There's also a measure of accountability without judgment. If you quit smoking



among non-smokers and backslide there can be an amount of shame involved because it can be seen as a mere failure of the will rather than a bump in what anyone who has successfully quit will admit is already a pretty difficult road.

NESS ADVICE

In a support group setting, the struggles are both particular and universal so problems are met with reinforced encour-

Over the coming weeks we will be profiling participants in the Worcester County Smoking Cessation Support Group that meets Tuesday evenings at the Atlantic Health Center.

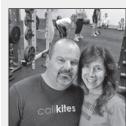
agement rather than with chiding. And no one is better at that then group leader Linda E. Green, R.N., M. Ed., C.D.E.

While Green admits to smoking while in nursing school, she quit successfully but exudes nothing but patience and understanding as she leads the group discussions and explains the course materials.

The smoking cessation classes tend to highlight the difference between knowledge and belief. Everyone knows the statistics and that smoking related deaths still edge out obesity as the most preventable, but everyone seems to have the belief that they are the anomalies; the margin dwellers that occupy the small percentage of people who appear to exhibit no ill affects from smoking.

Participation in the class aligns better aligns one's knowledge with their beliefs. It chips away at the notion that there's any good reason to continue smoking by demonstrating that TO PAGE 19

Strength training for young athletes



Athletes young and old strive toward achieving their personal best. As coaches, parents and trainers, we need to be able to guide them so they can reach their goals without injuring themselves. One way to prevent injuries

By David & Lisa Long

is having the athlete train to increase strength and flexibility of muscles through a strength training program.

With every young athlete, the question is at what age can a child start strength training?

Despite the old beliefs that strength training was unsafe and ineffective for children, health orga-

nizations such as the American College of Sports Medicine (ACSM), The American Academy of Pediatrics (AAP) and the National Strength and Conditioning Association (NSCA) now "support children's participation in appropriately designed and competently supervised strength training programs."

Experts have found that strength training programs can be safe, effective and may also help prevent certain sports-related injuries among young athletes. Recent findings suggest that strength training during childhood and adolescence may make bones stronger, a benefit which can last a lifetime.

As far as what age a child should start such a program, here is a good rule of thumb is if they are old enough to play organized sports they are old enough to strength train.

We have found over the years that most of our young athletes who strength train are less likely to injure themselves, and they tend to perform better. When looking into strength training programs, it

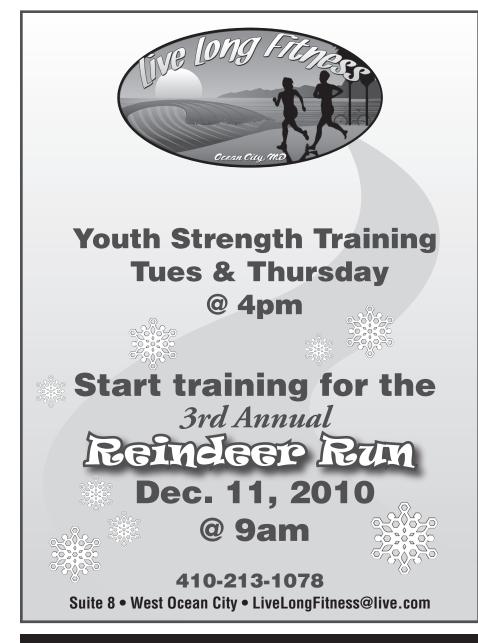
may be better to start with a professional.

Kids are not "little adults", the approaches, weights and programs are two totally different things for kids and adults. Find a trainer who has experience working with not only young people, but who has experience strength training with young people.

When looking at facilities, look for more barbells, dumbbells and empty space, a room wall to wall with machines is not made for young people. Lastly, get references.

Ask what children the trainer has worked with and talk to their parents and coaches about it. Leaving out strength training for young athletes is leaving out a fundamental piece of their athletic development.

Lisa and David Long are trainers who own Live Long Fitness in West Ocean City. 410-213-1078, www. livelongfitness.com, livelongfitness@live.com



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WELLNESS SERIES – Worcester Youth and Family Counseling Services is offering a Wellness Series to promote healthier lifestyles. The non-profit agency in Berlin is offering yoga classes every Tuesday and Thursday evening through November for a \$5 drop in fee. For information, visit www.gowoyo.org, or call 410-641-4598. From left to right are Carolyn Cordial, assistant director of WYFCS, Melody Griner, licensed massage therapist, and Roberta "Robbie" Ward, classical homeopathic practitioner.



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National Great American Smoke-out Day on Nov. 18

SNOW HILL - Nov. 18 is National Great American Smokeout Day. For individuals thinking about quitting smoking, this may be the best day to do it.

The Great American Smoke-out may offer just the support you need by knowing that other smokers are also giving up cigarettes for the day.

The Worcester County Health Department will be distributing Quit Smoking Kits at several locations including the Berlin Health Center, Center 4 Clean Start, Pocomoke Health Center, Snow Hill Health Center, and WACS Center. Stop by one of those locations to pick up your free Quit Smoking Kit.

For more information about quitting smoking or to register for a smoking cessation class, call the Worcester County Health Department at 410-632-1100 extension 1102 or go to www.worcesterhealth.org.

FROM PAGE 17

quitting, while somewhat difficult can be made easier by increased understanding and alignment with others in the same situation.

At least that's the conclusion at which I arrived when I decided to attempt quitting for the second time.

After losing nearly 50 pounds through diet and exercise, and a year shy of my 40th birthday, I quit cold turkey in early 2009 and bathed in the accolades in having the strength to do so.

For the first few months it was really difficult. Although my exercise regimen improved briefly as I was able to breathe better than I had in years, I pretty quickly fell away from it and replaced the 50 pounds I lost with a gain of 60 over the course of six months.

I started smoking again last October and, while I staved off any additional weight gain haven't had the courage to try again.

This summer I profiled Bill Eash, a successful graduate from the smoking cessation course Green hosts and he was a true believer.

He quit using Chantix and assured me that, aside from what he believed were manageable side effects, he experienced no increased eating or serious withdrawal.

I expect to begin my regimen of Chantix Nov. 19 with a firm quit date of Nov. 28. My classmates and I will report weekly on our progress here.

The Eash story generally got a pretty positive response and, in talking with my classmates and Green, we've decided to produce kind of a chronicle of the class, profiling each of the members with their different struggles, stories, solutions and, with any luck, eventual success.

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'Is Your Life Worth Half a Second?' Ocean Pines man publishes driving safety manual

BY TONY RUSSO STAFF WRITER

BERLIN – Driving safety expert and author Herb Simon will skeptically grant it is conceivable that you can text while driving, exceed the speed limit by 10 miles per hour, or perform any of the other acts that people believe they can safely add to the number of things they can do while driving. But even in the very unlikely event that you can perform any of these things while you're driving, Simon just has a simple reminder: It's not only about you.

"I'm not saying you can [do these things] while you're driving," he said. "I'm saying that even if you could you can't do it and account for the other drivers."

Although he didn't take his driver's safety credentials too seriously when he graduated from the University of Maryland, over the ensuing decades, Simon has worked with some of the world's foremost driving safety experts and become something of one in his own right. He specializes in training and approving not only novice drivers, but also low-vision and special needs drivers, helping people who might not otherwise be able to secure driving licenses become among the safest drivers on the road.

The Ocean Pines resident recently published, "Is Your Life Worth Half a Second?" a driver safety manual that focuses on driving home the notion that safe driving is as much about physics as it is about being attentive.

There are facts about they way cars travel and stop that are beyond a person's control. Simon's illustrative example is that a car traveling at 30 mph travels 44 feet per second and needs about 10 feet to come to a complete stop. If a car enters and intersection 10 feet away at the moment you look down at, for example, your speedometer, during that half-second delay you've traveled 22 feet. According to Simon eliminating half-second distractions would cut the annual accident totals in half.

Simon groups accidents into what he described as unusual events. When you're driving you expect things to go as usual, but it is only sometimes the case that everything goes according to plan.

"Unusual events occur more often than you think," Simon said.

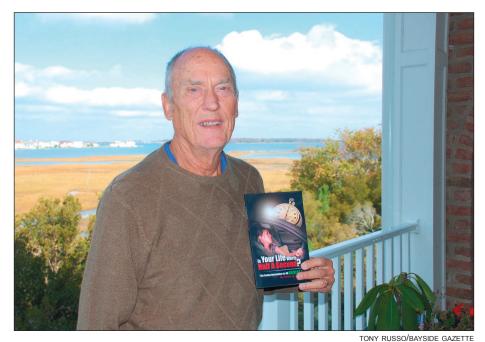
The key to safe driving is to learn to see the unusual before it becomes a problem you have to deal with. Just as with speed, there are unavoidable facts about your brain and though-processes that must be recognized and accounted for.

When teaching a driver who has poor depth perception to navigate the roads safely, Simon trains them to compensate for the fact, rather than play into their difficulty. Similarly, as an unimpaired person drives they tend to make a lot of unwarranted assumptions; the compensation for which could cost them the critical half-second between having and avoiding an accident. Herb Simon will be signing and selling his book during the 2nd Friday Arts Stroll at A Novel Idea on William Street in Berlin 5-8 p.m. Friday, Nov. 12. Copies of his book are also available direct from him by calling 410-600-0070 or e-mailing simoncoach@juno.com. Simon is also available for speaking engagements and specialized driving training.

"Risks are always present and unless you recognize that you can't always anticipate them," he said.

Simon used the example of how easy it is to miss a car that is coming into your space during a lane change, even though you technically see it. Our assumption, Simon said, is that because a car is going

TO PAGE 21



Ocean Pines resident, author and driving safety expert Herb Simon will be the featured artist 5-8 p.m. Friday, Nov. 12, at A Novel Idea bookstore in Berlin for the 2nd Friday Arts Stroll event.



Recovery Act tax credits help homeowners winterize

BALTIMORE – People can now weatherize their homes and be rewarded for their efforts. According to the Internal Revenue Service, homeowners making energy-saving improvements this fall can cut their winter heating bills and lower their 2010 tax bill as well.

Last year's Recovery Act expanded two home energy tax credits: the nonbusiness energy property credit and the residential energy efficient property credit.

Nonbusiness Energy Property Credit – This credit equals 30 percent of what a homeowner spends on eligible energysaving improvements, up to a maximum tax credit of \$1,500 for the combined 2009 and 2010 tax years.

The cost of certain high-efficiency heating and air conditioning systems,

water heaters and stoves that burn biomass all qualify, along with labor costs for installing these items. In addition, the cost of energy-efficient windows and skylights, energy-efficient doors, qualifying insulation and certain roofs also qualify for the credit, though the cost of installing these items does not count.

By spending as little as \$5,000 before the end of the year on eligible energysaving improvements, a homeowner can save as much as \$1,500 on his or her 2010 federal income tax return. Due to limits based on tax liability, amounts spent on eligible energy-saving improvements in 2009, other credits claimed by a particular taxpayer and other factors, actual tax savings will vary. These tax savings are on top of any energy savings that may result. Residential Energy Efficient Property Credit – Homeowners going green should also check out a second tax credit designed to spur investment in alternative energy equipment. The residential energy efficient property credit equals 30 percent of what a homeowner spends on qualifying property such as solar electric systems, solar hot water heaters, geothermal heat pumps, wind turbines, and fuel cell property.

Generally, labor costs are included when figuring this credit. Also, except for fuel cell property, no cap exists on the amount of credit available.

Not all energy-efficient improvements qualify for these tax credits. For that reason, homeowners should check the manufacturer's tax credit certification statement before purchasing or installing any of these improvements.

The certification statement can usually be found on the manufacturer's website or with the product packaging. Normally, a homeowner can rely on this certification.

The IRS cautions that the manufacturer's certification is different from the Department of Energy's Energy Star label, and not all Energy Star labeled products qualify for the tax credits.

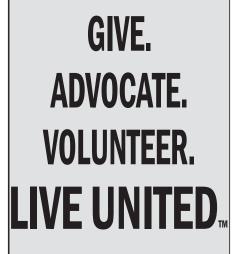
Eligible homeowners can claim both of these credits when they file their 2010 federal income tax return. Because these are credits, not deductions, they increase a taxpayer's refund or reduce the tax owed. An eligible taxpayer can claim these credits, regardless of whether he or she itemizes deductions on Schedule A. Use Form 5695, Residential Energy Credits, to figure and claim these credits.

Life

FROM PAGE 20

straight it will continue to go straight, so even when we see it moving over into our lane it takes a little longer to register, because it's so unusual.

Sometime when teaching he'll ask a student the color of the car that's just passed and in a teachable moment, they'll often not have noticed that one had. Learning to pre-scan for potential risks, a process he calls selective processing is a way of re-training your brain to stop making assumptions about your driving environment and forcing it to look at the road anew.



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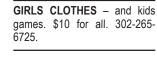
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BAYSIDE GAZETTE







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"We'd eventually like to be able to have wreaths on all the graves."

-Marie Gilmore, secretary of Worcester County Veterans Memorial Foundation

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EDITORIAL

Honor the ultimate sacrifice with Wreaths Across America

Today is a day we honor the service and courage of our surviving veterans and we also choose to honor their service by taking time out to recognize the service and loss of their deceased comrades.

As the holiday season approaches the membership of the Worcester County Veterans Memorial Foundation are making a larger push than ever to try to incorporate even more of the community into the Wreaths Across America program. It's a noble notion deserving of an extra mention and a particular call for support.

The national program funds the purchase of wreaths for as many veteran headstones as it can, and as such much of that attention and funding goes to Arlington National Cemetery, making the local group's efforts that much more critical to honoring our local veterans.

The Worcester County foundation keeps their donations here on the Eastern Shore, choosing to provide wreaths on as many of the more than 5,000 graves in the Eastern Shore Veterans Cemetery as possible. Last year the volunteers were able to raise enough to purchase almost 300 wreaths but since they are the primary donor for the cemetery, they feel the responsibility to try and cover even more.

Keeping the fallen well remembered is something that is relatively easy to do. So consider making a \$15 donation for one wreath to the Worcester County Veterans Memorial Foundation as a token of respect and honor for those we cannot thank personally today.

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Aggressive driving and Rt. 113: A deadly combination

BY ROBERT HULBURD

Aggressive driving anywhere is a highly dangerous activity. We can all admit that aggressive driving is becoming more prevalent, and when you mix aggressive driving with a busy two-lane highway, the combination is deadly.

My assertion is that Rt. 113 – as it exists today – contributes to aggressive driving behavior. The road actually follows a similar path set forth by the earliest Native Americans and settlers who traveled this area.

People then traveled at three to five miles-per-hour, either walking, on horseback, or in wagons. In the 1920's, with the addition of automobiles, the road became paved and was known as "The Delmarva Trail."

Later, the roadway became part of the United States highway system and was given the number 113. It was advertised as the best route for the New Yorker's trek to Miami.

I have provided this history to illustrate that Rt. 113 is an old road and as a result, it has substantial curves that allow for very few safe-passing areas. Local people know this; however, many people traveling through our area do not.

Today, vehicles travel on Rt. 113 at speeds from five to 10 miles-per-hour (for slow-moving agricultural equipment that must use this road) to 70 or 80 miles-per-hour. The speed limit is 55 miles-perhour; but unfortunately, there are drivers who exceed 55, particularly while passing.

Vehicles traveling at varying speeds create an unsafe situation on any highway, but on two-lane roads, each going the opposite direction with minimal safe-passing opportunities, the danger accelerates.

The reality today is that many drivers can become aggressive when confronted with not being able to pass slower-moving vehicles (even when traffic may be traveling at the speed limit). Aggressive drivers feel compelled to pass.

There is a problem of continuity on Rt. 113 that is particularly hazardous to those who are unfamiliar with the roadway. Continuity means the travel conditions change from a four-lane divided highway, to a two-lane undivided highway, and back to a fourlane divided highway again.

This condition can cause confusion as to whether or not a motorist will be encountering oncoming traffic when passing.

Locals know about these conditions. Many of us who drive on Rt. 113 have had to use defensive maneuvers – such as moving to the shoulder – to prevent a head-on collision with an oncoming car which is traveling in the opposite direction and is occupying our lane while passing.





FROM PAGE 25

Accident reports show that sometimes collisions cannot be avoided. The accident on Nov. 2 is a tragic example of this deadly combination.

On Nov. 2, unsafe passing on a road where there is no room for error altered the lives of 10 people that day. Four of those people lost their lives. Five others suffered very serious injuries and are fortunate to be alive.

Thankfully, the truck driver was not seriously injured, but still is impacted. We all know the aggressive driver should not have passed when he did. That action set off an extremely horrific chain of events that changed lives in literally seconds. None of us has the power to change what happened in the past.

Unfortunately, the combination of aggressive driving on this curving two-lane highway happens every day. It is amazing that we do not have more accidents like the one on Nov. 2. My cousin Lee Figgs was not so fortunate. Sixteen years ago, he was hit head-on by a truck that was passing another truck. He could not avoid the collision.

His death affected many people and became the catalyst for changing the minds of transportation officials and elected representatives, who agreed that enough carnage had taken place on Rt. 113 over the years.

They agreed that the situation had to be improved. At that time, it was

determined that Rt. 113 had a fatality rate three-times the statewide average. Something had to be done.

Many people answered the call and a substantial portion of Rt. 113 has been dualized since, and a portion is also "in the works." But, the task is not complete.

The mission is not yet accomplished. I believe the commitment to finish the dualization exists, but I still believe that we can impact the future by completing this project. Lives have been saved already by dividing the highway and allowing people to pass without meeting oncoming traffic.

Based on the circumstances as reported on the Nov. 2 accident, I believe that if the highway had been divided and this driver could have safely passed, life would be different today for those 10 people.

I also believe that on that terrible night in July of 1994, my cousin's life might not have been lost. If Rt. 113 had been divided with four lanes, my cousin Lee's loved ones might not have had their lives so terribly altered as well.

We have to find a way to finish the job NOW! Please let your voice be heard to your elected officials and to our State Highway Administration.

Robert Hulburd is a member of County Residence's Action for Safer Highways (C.R.A.S.H.)



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Robert DeFressine

OCEAN CITY – Robert DeFressine, 85, died Nov. 6 at Costal Hospice at the Lake. He was born in Ocean City to the late Arthur DeFressine and Florence Ludlam.

He was born on the original Riddle Farm and raised in Ocean City. Robert was a life long member of the Ocean City Fire Department. He was an original member of the Ocean City Beach Patrol. Robert loved fishing, gardening, antiquing and football.

He is survived by his wife Joan DeFressine; daughter Debbie DeFressine and her husband John Swartz; daughter Linda Hazard and her husband Mike; son-in-law Steve Brophy and grandchildren Brittany Lord and Spencer Hazard. He was preceded in death by his daughter, Linda's twin, Lisa Brophy.

A memorial service will be held at Burbage Funeral Home in Berlin on 11 a.m. Nov. 11. In lieu of flowers, memorial contributions may be made to Costal Hospice, PO Box 1733 Salisbury, MD 21802.

Arrangements are in the care of the Burbage Funeral Home. Acknowledgements to the family may be sent to Burbage@burbagefuneralhome.com.

James Oliver Philips III

WHALEYVILLE – James "Jimmy" Oliver Philips III, 65, died Nov. 5, 2010 at his home in Whaleyville. He was born in Baltimore to the late James Phillips II and Irene Sprouse. Jimmy enjoyed woodworking and riding on the tractor doing yard work, talking to the neighbors.

He is survived by his wife of 28 years, Joyce Phillips; mother Irene Phillips; son Richard Norfolk and his wife Angela; brother Bruce Phillips and his wife Linda; sister Nina Mitchell and her husband Roy; grandchildren Chasidy Supthin and her husband Walter, Amy Anderson, Derrick Norfolk, Rachele Norfolk and Wyatt Norfolk; great-grandchildren Makala Norfolk, Alexius Norfolk, Gabrielle Norfolk, Warren Supthin and Owen Supthin and many nieces and nephews.

A memorial service will be held 11 a.m. Saturday, Nov. 13, at Whaleyville Methodist Church. Memorial contributions may be made to the American Cancer Society, PO Box 22718 Oklahoma City, OK 73123.

Arrangements are in the care of the Burbage Funeral Home. Acknowledgements may be sent to the family at Burbage@burbagefuneralhome.com.

Sally Rayne Wallace

SNOW HILL – Sally Rayne Wallace, 76, died Nov. 5, 2010 at Costal Hospice at the Lake. She was born in Ayres Creek to the late Edgar Rayne and Ida Hastings. She was preceded in death by her husband of over 30 years Winfield Scott Wallace III.

Sally was a parishioner of Atlantic United Methodist Church and was a member of the Untied Methodist Women. She was also a part of the American Legion Ladies Auxiliary Post 166 and a member of the National Association of Retired Federal Employees.

OBITUARIES

She is survived by son Albert James Wallace and his wife Ellen of Snow Hill; son W. Scott Wallace III of Ocean City; daughter Sandra Wallace Lucido and her husband Joseph "Joey" of Millville, Del.; daughter Grace Mascitti and her husband Vince of Marionville, Va.; brother Edgar "Buddy" Rayne and his wife Dianne of Ocean City; sisterin-law Dona Ray; grand children Annette, Christina, Kayla, Kelly, Joey, Joshua and John; nieces and nephews Ruth, Albert, John, Celeste, Lynelle, Pam, Sandra, Gary, Eddie, Richie, Keith, Tucker and Teri and special life long friends Verla Hammond, Vivian Wright and Gene McCabe.

She was preceded in death by her son Mark Rayne Wallace, brother James "Jack" Rayne, brother Richard "Dick" Rayne and sister Rebecca "Becky" Davis.

There was a visitation at Burbage Funeral Home in Berlin on Nov. 9. Funeral services were held at Burbage Funeral Home in Berlin on Nov. 10.

Memorial contributions may be made to Coastal Hospice at the Lake, PO box 1733, Salisbury MD 21802.

Arrangements are in the care of the Burbage Funeral Home. Acknowledgements may be sent to the family at Burbage@burbagefuneralhome.com.

Robert J. L. Norton

OCEAN PINES – On Oct. 31, 2010, Robert J. L. Norton, 87, of Ocean Pines, formerly of Adelphi, beloved husband of 63 years to Dorothy J. Norton, devoted father of Carolyn Sarbacher, son-in-law George Sarbacher, Robert Norton, daughter-in-law Kathleen Norton and Diane Thomas, son-in-law CAPT Scott Thomas, USN (Ret) and loving grandfather of Ryan and Kelly Sarbacher, Jessica and Alexandra Norton.

Dedicated brother to Eugene "Pat" Norton and deceased brother Jack. Awarded the Bronze Star for service with the Army 563rd Signal Air Warning Battalion, European Theater of Operations, to include the Normandy Invasion.

Memorial service was held at St. John Neumann Catholic Church, 11211 Beauchamp Road, on Nov. 4. Inurnment at Arlington National Cemetery to be announced. In lieu of flowers, memorial contributions may be made to Atlantic General Hospital, Berlin, Maryland 21811.

Anneliese Welz

BERLIN – Anneliese Welz, age 85, died on Tuesday, Oct. 12, 2010 at her home in Berlin. Born in Bochum, Germany she was the daughter of the late Walter Baucks and Paula Stracke Baucks. She was preceded in death

by her husband Werner K. Welz. A memorial service will be held at a later date. Arrangements are being handled by the

Burbage Funeral Home in Berlin.



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BAYSIDE ESTIMATION OF THE STATE



Mr. Don, who recently relocated to the area, will bring his award-winning children's music show to the Berlin Coffee House this Sunday afternoon.

Mr. Don children's music show on Sunday

BY TONY RUSSO STAFF WRITER

BERLIN – Don Bridges' had been performing music on and off for more than 20 years before he decided to get serious. But for him getting serious meant throwing off the entire concept of seriousness and finding an audience who could easily do the same.

Bridges found his earliest non-serious audience performing for his daughters and combined his ability to evoke their enthusiasm translated to an ability to evoke enthusiasm from children more generally and so he took the stage name "Mr. Don" and began tailoring both his original songs and his sets to the audience best suited to enjoy it.

"[Playing for children] is great because they're so spontaneous, so present, so immediate," he said. "They're not worrying about the mortgage or whether a boy or a girl they're thinking about is thinking about them."

Bridges is a two-time winner and tentime nominee of the Washington Area Music Association Wammie awards for best children's vocalist, taking home the top honors in 2004 and 2005. Most recently he was honored with the 2007 Wammie for Best Children's Artist. He has relocated Mr. Don will perform his award-winning children's music show 1-3 p.m. Sunday, Nov. 14, at the Berlin Coffee House, 17 Jefferson St. For more information, call 410-629-1073.

to the Berlin area where he said he hopes to become a fixture on the love-music scene for parents and children alike.

Any musician will tell you that when playing live the moment they most strive for is the out of time experience where the world seems to happen second to second. An audience of children starts much closer to that line of complete immediacy, but sparking the transition to total immediacy and them maintaining it is a completely different story. Engaging children in a meaningful way can be trickier than you might think.

But Bridges has been doing it long enough that his performance isn't tactical, but a natural open invitation for the kids to get involved and stay involved; not only in the performance but with the attitude the songs convey. The show's point it a kind of mini-elevation through engagement with music.

Many of his songs' themes are ageappropriate social engagement tunes highlighting issues kinds can relate to such as sibling rivalry, the importance of gratitude and forgiveness and caring for the Earth.

SUBMITTED/BAYSIDE GAZETTE

But it's all about keeping it fun and light and Bridges isn't one to shy away from songs that range from comical do downright silly.

Perhaps the most important reason Bridges succeeds with show audiences is the engagement isn't rhetorical. His stage show includes lots of props and instruments for the kids to play along with. Many of his songs also require other levels of participation, such as dancing or singing along.

By making the show more about the kids and less about the performer, young audiences tend to remember the shows as wonderful times out. While they'll surely be humming the songs as they play later, they'll also leave possessed of an even more open attitude toward music, dancing and celebrating the freedom of being kids.

Parents, grandparents and caregivers are also consistently pleased not only with the performance and the way it makes the kids feel but also for a little time where they have access to unencumbered fun that borders on joy.

Local author finalist for three Best Books 2010 awards

'Fit at Fifty and Beyond' recognized in exercise/ fitness categories

BALTIMORE – "Fit at Fifty and Beyond: A Balanced Exercise and Nutrition Program" by Dr. Michael Gloth was named a finalist for three Best Books 2010 awards sponsored by USABookNews.com, an online magazine and review website for mainstream and independent publishing houses.

Gloth maintains residences in Finksburg and Ocean Pines. He has served on the national advisory council on aging at the National Institutes of Health and on the advisory committee for the most recent White House Conference on Aging. He is married and the father of four daughters.

"Fit at Fifty and Beyond" was recognized in three heath subcategories in the eighth annual Best Books compilation: diet/weight loss, aging/50+ and exercise/fitness. Finalists and category winners were announced Oct. 26 in Los Angeles. The competition was open to titles released from late 2009 through calendar 2010. Gloth was the only author to be nominated as a finalist in three different categories.

Gloth, the director of outpatient services in the Division of Geriatric Medicine and Gerontology at The Johns Hopkins University School of Medicine in Baltimore, wrote "Fit at Fifty and Beyond" in hopes of connecting with the boomer and senior populations that are often a forgotten demographic in the growing obesity problem in the United States.

"As people grow into and beyond their 50s, their bodies undergo changes," said Gloth. "Many times, people don't understand these changes or how to cope with them. As a result, they are confused and frustrated as they unsuccessfully try to improve their health, fitness and overall appearance."

"Fit at Fifty and Beyond" teaches boomers and seniors how to modify their lifestyles to more effectively improve their overall health and wellbeing. It contains easy-to-understand information on diet, exercise, meal planning and weight-loss strategies.

Each chapter includes healthful recipes created by Baltimore-based master chef Rudolph Speckamp. "Fit at Fifty and Beyond" also features a resource guide of books, websites, DVDs and cookbooks that can help the targeted age bracket maintain a healthier lifestyle.

ALOC fundraiser Puttin' on the Ritz set for Nov. 27

OCEAN CITY – There is still time to make your reservation for the event of the year that you do not want to miss. Tickets and reservations are available until Friday, Nov. 19, at the convention center ticket office.

The inaugural festivities at Ocean City's Roland E. Powell Convention Center will take place on Saturday, Nov. 27, from 6:30 p.m. till midnight at Puttin' on the Ritz.

The event will be an elegantly fun evening to benefit the entire community with a portion of the proceeds devoted to the purchase of art works by the Art League of Ocean City for permanent display in the convention center.

Puttin' on the Ritz was created to promote public appreciation of an interest in the visual arts through development of a permanent collection being displayed by the convention center. In addition, League member's art works are now on display in the facility's Visitor Center through arrangements with the town and the ALOC.

Call Sharon Bradford at 410-289-2800 for additional information.

The evening will begin on the red carpet entering the convention center with the lobby decorated for the season with an elegant array as you proceed to the upper level for opportunity to bid on many exciting pieces of local art and area items in a silent auction and live auction items of well known artists Kevin Fitzgerald and Randy Hofman.

Other silent and live auction items will be available including a lady's beaver vest and an elegant dinner prepared in your home by one of the area's chefs. The opening reception will be from 6:30 p.m. until 8 p.m. with an open bar featuring martinis, premium liquors, wine, beer and soft drinks throughout the evening.

The ballroom doors will open at 8 p.m. to begin the elegant gourmet dinner, followed by dancing to one of D.C.'s finest bands the Main Event. There may be special surprises as the evening gala continues overlooking the Bay.

Tickets are \$100 per person for this elegant evening and on sale now with a few reserved tables of ten persons still available. Call 410-289-2800 for questions. The Art League of Ocean City is nonprofit organization; a portion of your contribution is tax deductible.





CRAZY HAIR DAY - The students at BES celebrated crazy hair day as part of the National Red Ribbon week. In the photo is Pre K students Ashley Baez Vazques, Asiakakay Hass Dakierra Godwin and teachers Hayley Minner, Sherly Mitrecic and Melissa Reid.



SUBMITTED/BAYSIDE GAZETTE

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Holiday Arts Night kicks off Berlin's Victorian Christmas

BERLIN – On Nov. 26 the town of Berlin will host its annual Holiday Arts Night celebration. Decked out for the holiday season, the streets will be alive with music and this event marks the start of the Victorian Christmas celebration.

The evening begins with the tree lighting ceremony at the Atlantic Hotel. Mayor Gee Williams will open the festivities scheduled for 5:30 p.m. Afterwards the shops throughout town will be open for the Arts event.

With Main Street closed to vehicle traffic, Berlin takes on the charm of a 19th century village. Most shops will feature the work of a local artist or craft-sperson. Hours are 6-9 p.m.

Featured artists include local wood artist Kenny Graves who will show his custom walking sticks, driftwood sculpture and garden art. Join the artist at Town Center Antiques, 1 North Main St. for an opening reception.

Look for Patrick Henry at his studio just off Main Street on Bay Street behind PNC Bank. This well known local artist presents a personal and profound retrospective of the Eastern Shore of his childhood.

The space is warm, intimate and its rambling interior provides the perfect canvas to showcase his considerable talents. Enjoy the evening and view new work by this local artist.

Ta Da, located at 18 North Main St., will showcase owner Patty Falck's painted glass art and the shop will be filled with the latest jewelry creations of her daughter, Blair Elizabeth. Blair's work skillfully incorporates large beads and stones into high fashion necklaces.

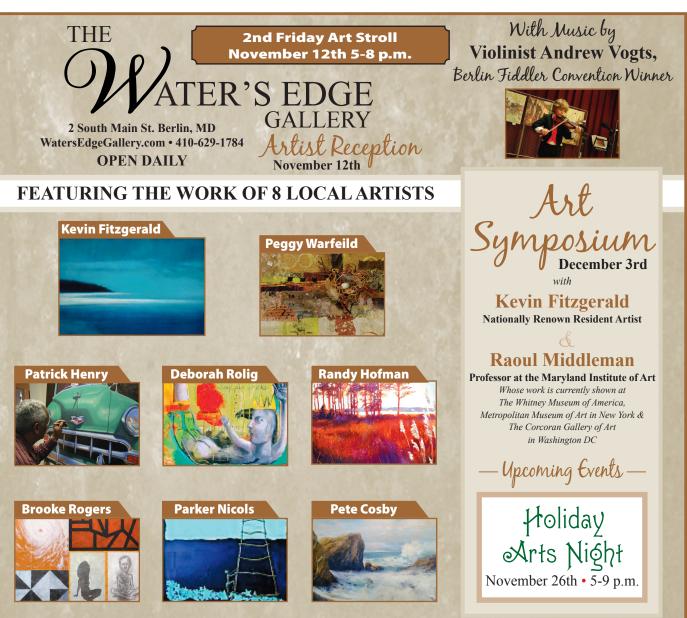
Culver's Antiques will feature the photography of Michael Andrews. Michael's work is laced with wonderful images of the Eastern Shore. Geometry, verticals and a strong design sense permeate his impressive collection of landscapes. The eye of this gifted photographer can also find art in the simplicity of old bicycles and rusted automobiles.

The Worcester County Arts Council will celebrate local co-op artists with a show-case of their seasonal arts and crafts.

Paintings, silk scarves, jewelry, ornaments and cards will be featured in the Holly-Days Shoppe. The sale will continue through the holiday season ending Dec. 24. A portion of each sale goes to fund their scholarship and grants program.

For a different twist on the evening, Jeffrey Auxer will be giving lessons and will be demonstrating his glass art in his studio on Jefferson street. Located behind the Atlantic Hotel, check out Jeff's glassblowing studio and his exhibit of architectural, sculptural and functional glass creations.

The Berlin Coffee House will be open for the evening. Doug Fisher, waterfowl and bird carver, will be the featured artist. Raquel Orsini singer/guitarist will provide music.



Celebrate the Season with THE TOWN OF BERLIN Holiday Arts Night NOVEMBER 26 6 PM TO 9 PM

Art Craft Shopping Music

Tree Lighting • 5:30 pm Hotel Atlantic



SUBMITTED/BAYSIDE GAZETTE

(Back) Stephen Decatur High School Principal Lou Taylor, Board of Education President Bob Hulburd, Bethany Sauter, Liz Davidson, Colby Bunting, and Brandee Hartz; (front) Bethany Lam, Ashley Hrebik, Erin Jolley, Kasi Beja, Alexis Martinek, Jessica O'Neill, Julia Wellen, Jessica Galuardi, Hannah Getchell, and Superintendent Jon Andes.

Presidential Service Award recipients at Stephen Decatur

BERLIN – Stephen Decatur High School has announced its Presidential Service Award recipients.

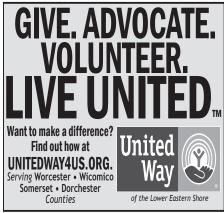
The following are bronze level recipients (100 to 174 hours of volunteer service): Alexandra Birckett, Alexis Martinek, Annie Brown, Ashley Hrebik, Bethany Lam, Bethany Sauter, Brandee Hartz, Colby Bunting, Elizabeth Davidson, Emily Cieri, Erin Jolley, Hallee Carr, Hannah Getchell, Jessica Galuardi, Jessica O'Neill, and Julia Wellen.

Also Kasiani Beja, Katelynn Knowles, Katherine Bakke, Katie Blosveren, Kelly Marx, Kelly Sullivan, Lauren Holloway, Libby Withers, Lydia Logan, Madelyn Beebe, Madi Mitrecic, Maura Smith, Paige Torpey, Phoenix Peoples, Rachel Mulholland, Rachel Thompson, Sara Prengaman, Sarah Kirstein, Shannon McGarry, Tristan Peeples, Zack Keiser, Matthew James, and Austin McIntosh.

The following are silver level recipients (175 to 249 hours of volunteer service):

Adam Savage, Caryn Swistak, E.J. Gwin, Jonathan Hastings, Katie Reyes, Madison Lathbury, Phillip John Lambrinos, and Saphara Lambrinos.

The following are gold level recipients (250-plus hours of volunteer service): Bry Bishop, Daniel Ames, Jake Hill, Joshua Kirstein, Natalie Cieri, Nicholas Masters, Rachel Slotter, and Raven Gronsbell.



DNR to host three shellfish tagging and aquaculture open houses

ANNAPOLIS – The Maryland Department of Natural Resources (DNR) Fisheries Service will launch a commercial shellfish tagging program in August 2011 to meet U.S. Food and Drug Administration (FDA) national public safety requirements.

DNR will host three open houses in November to discuss the elements of the program and to solicit ideas from watermen and aquaculturists about the development and implementation of this important program.

Tagging shellfish will allow public health officials to trace back to a source if an illness is caused by eating shellfish. A shellfish harvesting area can be checked for water quality and other potential health concerns.

DNR, the Maryland Department of Health and Mental Hygiene and the Maryland Department of the Environment may then take action to reduce the public risk. The tagging system will also enhance DNR's ability to monitor the harvest and manage a sustainable fishery.

The proposed plan will require watermen to tag each bushel of shellfish in a standardized container. The tag will allow public safety officials to determine precisely where, when and by whom the shellfish were harvested. OPEN HOUSE SCHEDULE: Nov. 22 from 3-7 p.m., Somerset County Library, 11767 Beechwood St., Princess Anne

Nov. 30 from 4-8 p.m., Queen Anne's County Library, 121 S. Commerce St., Centreville

The FDA has an informative slide show on the National Shellfish Sanitation Program online at www.fda.gov/ ForConsumers/ConsumerUpdates/ ucm180442.htm.

Additionally, two of the open houses will include representatives from the Maryland Oyster Aquaculture Financing Program to discuss the elements and requirements for participating in an exciting new opportunity.

As part of Gov. Martin O'Malley's Oyster Restoration and Aquaculture Program, \$2.2 million in subsidized loans are immediately being made available for aquaculture projects.

Those seeking subsidized financing for shellfish production must hold a DNR shellfish aquaculture lease or must have applied for a shellfish aquaculture lease by 5 p.m. on Monday, Nov. 15.

Information on the Aquaculture Financing Program is available from the Maryland Department of Agriculture at (410) 841-5724.

ONE NIGHT SPECIAL SALE "JIM ADCOCK ORIGINALS"



HAND PAINTED VINTAGE BREAKFAST TRAY OFF WHITE AND GOLD DISTRESSED FRAME BY JIM ADCOCK

SECOND FRIDAY ART STROLL, NOVEMBER 12, 2010 5:30 to 8 p.m. at the GLOBE RESTAURANT BALCONY GALLERY 12 BROAD STREET HISTORIC BERLIN, MD

For More Information Call 410-726-2440 Visit Us at: www.adcockstudio.com Email: jim@adcockstudio.com









SUBMITTED/BAYSIDE GAZETTE

NEW DICTIONARIES – The third grade students at Ocean City Elementary School would like to thank Ocean City Elks Lodge 2645 for generously donating dictionaries. Using their new dictionaries are Leslie Zamora-Espinoza, McKenna Decker, and Tony Scafone.

SUBMITTED/BAYSIDE GAZETTE

OPERATION SMILE – Mrs. Groton's second class at Showell Elementary School present Miss Emily Cieri with coloring books for Operation Smile. Cieri is a senior at Stephen Decatur and will be traveling on a medical mission as part of her Operation Smile Club to Asuncion, Paraguay.



Special opening ceremony to kick off Winterfest of Lights

OCEAN CITY – The 18th annual Winterfest of Lights kicks off 5:30 p.m. Thursday, Nov. 18 with a special opening ceremony and celebration at Northside Park's Winterfest Village, 127th Street and the bay.

The public is invited to attend the Winterfest opening ceremony, which begins Ocean City's dazzling holiday season. Throughout the resort, thousands of twinkling lights will outline hundreds of displays.

The opening ceremony features the Ocean City Elementary School's "OC Stars" performing holiday song and dance. Then, Mayor Rick Meehan and the children will "throw the switch" to light the entire Winterfest Park. Santa will make a surprise entrance and then the Winterfest Express Train will be free for everyone attending this opening evening.

Following the ceremony, Winterfest of Lights runs nightly through Jan. 2. Hours of operation are 5:30-9:30 p.m. Sunday through Thursday and 5:30-10:30 p.m. on Friday and Saturday.

Visit Northside Park and enjoy a ride on the Winterfest Express as it makes its way along a mile-long path filled with delightful illuminated displays. Admission to the train ride is just \$4 for anyone 10 and over, and children 9 years of age and under are free.

While at Northside Park, visit the Winterfest Village located inside a heated and festively decorated tent for a cup of hot chocolate, browse Yukon Cornelius' Gift Shop for holiday presents and have your photo taken with Santa. Santa will be on hand to receive your holiday wish lists each and every night until Dec. 23.

On selected Winterfest nights, free musical entertainment has been scheduled at the Winterfest Village. For information, call 410-250-0125.

SNAP SHOTS



SUBMITTED/BAYSIDE GAZETTE

COASTAL HOSPICE DONATION – Shown accepting a proxy \$1,500 check from Star Charities president Anna Foultz is Anita Todd, volunteer for Coastal Hospice. The money was raised from a Fashion Show at the Community Church of Ocean Pines.



HOMETOWN HERO AWARD – On Nov. 8 the Berlin Chamber of Commerce awarded the Berlin Fire Company with the Hometown Hero Award. From left: Mike Wiley, Berlin Chamber of Commerce, David A. Fitzgerald, president of Berlin Fire Company, Linda Dearing, Berlin Chamber of Commerce and Derrick Simpson, chief of Berlin Fire Company. The Hometown Hero Award is presented to an individual or organization that makes Berlin a better place to live, work and play. If you would like to make a nomination, email the Berlin Chamber of Commerce at chamberinfo@berlinchamber.org.



SUBMITTED/BAYSIDE GAZETTE

FIRE SAFETY – Carmella's Kids Learning Center in Berlin got a visit from the Berlin firemen and a special visit from Spot the Fire dog. Above are the children of Carmella's Kids getting a lesson on how to respond to a fire.



SDHS MVPS – The Stephen Decatur offensive line earned week seven accolades. Coach Bob Knox decided to give the offensive line the Bank of Ocean City MVP. Seated up front Alan Lawrence and Will Robertson. In the back, Knox, Brandon Storm, Colin May, Nick Craven, and Earl Conley from Bank of Ocean City.



SUBMITTED/BAYSIDE GAZETTE

AGH DONATION – Atlantic General Hospital's Junior Auxiliary Group recently donated \$9,655 to the AGH Foundation's Major Gifts campaign as well as the James G. and Nancy W. Barrett Nursing Scholarship Fund and the annual Visions for Total Health community health conference. From left: Jean Marx, JAG treasurer; Beth Riley, JAG member; Amy Unger, director of development; Terri Mahoney, JAG president; Toni Keiser, AGH vice president of public relations; Ellen Abbott, JAG membership coordinator; Nancy W. Barrett; and Michael Franklin, Atlantic General's CEO.



NATIONAL HOSPICE MONTH – The Worcester County Commissioners last week recognized November as National Hospice and Palliative Care Month with a proclamation to Coastal Hospice and Palliative Care. Development Director Maureen McNeill, center, accepted the proclamation on behalf of Coastal Hospice, which has been serving Worcester County for 30 years.

Thursday, Nov. 11

SID

FRUIT SALE Taking orders for Annual Kiwanis Holiday Fruit Sale. Cases of fruit from \$17 to \$22 per case. Call Kiwanian Pat Winkelmayer at 410-641-5036. Order deadline Nov. 24. Customer pick up Dec. 13 at OPVFD South Fire Station in Ocean Pines.

CHAMBER OPEN HOUSE

The Ocean Pines Chamber of Commerce will hold a ribbon cutting ceremony and open house at its new location, 11031 Cathell Road, Berlin (across from Adkins Hardware) from 3-7 p.m.

BENEFIT DINNER

Captain's Galley II Restaurant, West Ocean City, to benefit the Worcester County Animal Shelter. 6:30 p.m. Cash bar, appetizers, dinner. \$55 per person. For reservations call 410-213-2201 or 410-202-6769.

GARDEN CLUB MEETING The Ocean Pines Garden Club will hold its next meeting 10 a.m. in the Ocean Pines Community Center. Following the business meeting, there will be a flower arranging

workshop taught by Barbara Ferger. Participants should bring their own cutters, containers and greens. You may bring your own flowers or for \$7 Barbara will purchase them for you. For more information or to RSVP to Barbara, call 410-641-7926.

VETERANS DAY CEREMONY

This year's annual Veterans Day ceremony 11 a.m. at the Worcester County Veterans Memorial at Ocean Pines is being dedicated to WWII and Korean veterans. Keynote speakers will include three individuals who served in these conflicts.

DANCE PERFORMANCE

Holloway Hall, Salisbury University, 8 p.m. Nov. 11 through 13. 21st annual dance showcase, directed by Mary Norton.

Friday, Nov. 12

ART STROLL

Berlin 2nd Friday Art Stroll 5-8 p.m. Music in the streets. Galleries and shops open late. Meet the artists in gallery receptions and shops.

THE GREAT GAMBLE Ocean Pines library, 1 p.m. The Smithsonian Institution – a most amazing gamble. Free.

BINGO

Knights of Columbus, 9901 Coastal Hwy., Ocean City. Doors open 6 p.m., games begin 7 p.m. Refreshments available. 410-524-7994.

HOLLY DAYS SALE Worcester County Arts Council, Berlin Gallery. Seasonal arts and crafts on exhibit through Dec. 24. Tuesday thru Saturday 11 a.m. to 3 p.m. Opening reception during Berlin 2nd Friday, 5-8 p.m.

Saturday, Nov. 13

ANGLERS CLUB MEETING Ocean Pines Anglers Club meeting will take place 9:30 a.m. at the Ocean Pines library. The speaker will be Art Childs, owner of Accurate Marine LLC.

He will speak about the process of winterizing boat motors including changing lower unit lubricant, topping off the gas tank and spark plug changes as well as answering any questions. All welcome.

LIBRARY HARVEST

Master Gardeners, volunteers and library staff invite the public to attend a Final Harvest and Celebration at the Berlin library from 10 a.m. to noon. All ages are welcome, and no experience is necessary. The program will include harvest-

ing the garden for the last time this season and preparing it for the winter months with a cover crop.

CAKE DECORATING

Snow Hill library, Snow Hill. Learn basic techniques of cake decorating. Free. Saturday and Sunday, 2 p.m.

DELMARVA CHORUS

Ocean Pines Community Center, Whitehorse Park, 7 p.m. 'Coffee, Tea and Harmony'. Free homemade desserts, door prizes, 50/50 raffle. \$10 adults, children 12 and under free when accompanied by an adult. Tickets and information, 410-641-6729.

CHRISTMAS BAZAAR

Berlin Nursing and Rehabilitation Center, 9 a.m. to 2 p.m. Food, crafts, bakes goods, raffles. Proceeds to benefit the residents. Donations accepted. Craft tables, \$15, 410-641-4400 for info.

BAZAAR & LUNCHEON Buckingham Presbyterian Church, 20 S. Main St., Berlin. 9 a.m. to 1 p.m. Bake table, books. Chicken salad, soups and desserts for carryout only. 410-641-0234.

Sunday, Nov. 14

K OF C BREAKFAST St. Lukes, rear. 9901 Coastal Hwy., Ocean City. \$9, under 9, \$5. 9 a.m. to noon. 410-524-7994.

UMES CONCERT CHOIR

4 p.m. Ella Fitzgerald Center for the Performing Arts at the University of Maryland Eastern Shore in Princess Anne. 410-651-6571.

OYSTER FRITTER DINNER

Stevenson United Methodist Church, Main St., Berlin. Noon to 5 p.m. Chicken, dumplings, Oyster Fritters and all the trimmings. All you can eat. \$13 adults, children under 10 free. Carry outs available.

BOAT CLUB DINNER DANCE The Ocean Pines Boat Club will hold its annual Meeting and Change of Watch Dinner Dance at the Golden Sands Club at 6 p.m. with a cash bar and dinner served at 7 p.m. Call Sharon Connelly 410-641-5280 for information.

Wednesday, Nov. 17

RETIRED NURSES TEA Retired Nurses of Ocean Pines annual tea 10 a.m. at OP library. Bring non-perishable items for the food pantries All are welcome.

CATHOLIC LISTENING ASSEMBLY All Catholic laity and clergy are invited to attend this free event, which will be held at the South Coastal Library, 43 Kent Ave., Bethany Beach, Del., 7-9:30 p.m. Participants will engage in structured dialog about the needs of the church.

Thursday, Nov. 18

WINTERFEST OF LIGHTS Northside Park, Ocean City. Lightshow tour, through Jan. 2. Sunday-Thursday 5:30-9:30 p.m.; Friday and Saturday, 5:30-10:30 p.m.

WIND ENSEMBLE CONCERT

7 p.m. Ella Fitzgerald Center for the Performing Arts at the University of Maryland Eastern Shore in Princess Anne. 410-651-6571.

REPUBLICAN WOMEN DINNER The Republican Women of Worcester County announces their annual dinner meeting at the Carousel Resort Hotel at 118th Street. Doors open at 5 p.m., dinner at 6:30 p.m. Speaker at 7:10 p.m. Info: Ann Lutz, at 410-208-9767 or annlutz@verizon.net.

ETHNIC FESTIVAL International student ethnic festival 11 a.m. Student Services Center Ballroom at the University of Maryland Eastern Shore in Princess Anne. 410-651-6669.

Friday, Nov. 19

BOOK OF THE MONTH Berlin library, 1 p.m. "Sixty-Five Roses" by Heather Summerhaves is this month's book.

Saturday, Nov. 20

MAGI CHORAL FESTIVAL Wicomico High School Auditorium, Salisbury. Saturday 7 p.m.; Sunday 2 p.m. \$15 per person. Info: 410-749-1633.

TURKEY SHOOT The Synepuxent Rod & Gun Club, 7909 Purnell Crossing Road in Berlin, will host a Turkey Shoot benefiting Ocean City/Berlin Boy Scout Troop 225. Event hours are 8 a.m.-2 p.m. Registration begins at 7:30 a.m. Bring your own 12 gauge shotgun and ammo will be provided. Rounds will start at \$2 per person.

Win gift certificates from area restaurants, hotel accommodations, turkeys, chickens, etc. Several prizes worth \$50 or more. Breakfast and lunch will be available. For more info, contact John Savage at 410-430-9369 or scoutmaster@ octroop225.org.

COUNTRY CHRISTMAS MEMORIES OC Jamboree, West Ocean City. Live stage show. 410-213-7581. Through Dec. 31.

BIRD CLUB TRIP The Tri-County Bird Club

(Worcester, Wicomico and Somerset) will go on a field trip to Bombay Hook National Wildlife Refuge in Delaware on Saturday, Nov. 20, looking for waterfowl, sparrows, snow geese and other birds. Meet at the Ward Museum parking lot on South Schumaker Drive in Salisbury at 7:30 a.m. Bring lunch, snacks, and drinks. For info or an alternate meeting place, call 410-543-1853.

FRIED CHICKEN DINNER New Hope United Methodist Church, Willards. Includes sides, dessert and coffee. \$11 adults. Carry-outs available. For information, 410-543-8244 or 443-614-6285.

Monday, Nov. 22

BIRD CLUB MEETING The Tri-County Bird Club (Worcester, Wicomico, and Somerset) will meet on at 7 p.m. in the Fox Room at Asbury United Methodist Church on Camden Avenue in Salisbury.

The program will be "Birding in Peru," presented by Dr. Ron Gutberlet. For info, call 410-742-5497.

Tuesday, Nov. 23

CHAMBER ENSEMBLE 7 p.m. Student Services Center Theater at the University of Maryland Eastern Shore in Princess Anne. 410-651-6571.

ART EXHIBIT Fulton Hall Gallery, Salisbury University. B.F.A. students works on display, all disciplines. Show runs through Dec. 16. Award reception, Dec. 10, 6-8 p.m. Free.

Thursday, Nov. 25

THANKSGIVING DAY DASH The inaugural Thanksgiving Day Dash, sponsored by CrossFit Ocean City, will take place at 9 a.m. at the Worcester County Veteran's Memorial at Ocean Pines.

Friday, Nov. 26

HOLIDAY ARTS NIGHT Downtown Berlin. Local artists and artisans work in shops and galleries throughout town. Shops and galleries open 6-9 p.m. Town Christmas tree lighting 5:30 p.m., Atlantic Hotel. Music, refreshments. Free.

ARTS & CRAFTS SHOW

Country Crafts Guild, Rock Hall Firehouse, Route 20, Rock Hall. 40 juried craftspeople. Show runs Friday and Saturday, 10 a.m. to 4 p.m. \$2 admission, children under 12 free. Handicap accessible. Food, demonstrations. For information 410-778-1432.

Saturday, Nov. 27

PUTTING ON THE RITZ Ocean City convention center. Gourmet dinner and dancing. Proceeds go toward convention center art program and the Art League of Ocean City. 7 p.m. to midnight. 410-289-2800 for tickets and info.

Tuesday, Nov. 30

WPS OPEN HOUSE Worcester Preparatory School open house with tours of the school and information about curriculum and programs for preschool through grade 12 children 9 a.m. Tuesday, Nov. 30, and 9 a.m. Wednesday, Jan. 12, at 508 South Main St., Berlin. For information, call 410-641-3575, www.worcesterprep.org.

Thursday, Dec. 2

BERLIN CHRISTMAS PARADE The Berlin Lions Christmas Parade will be held on Main Street starting at 7 p.m.

FAMILY RECITAL 11 a.m. Ella Fitzgerald Center for the Performing Arts at the University of Maryland Eastern Shore in Princess Anne. 410-651-6571.

Friday, Dec. 3

FRITTER CARRY OUT Bishopville Volunteer Fire Department's Fritter Carry Out Night from 5-7 p.m. Single fried oysters and sandwiches, chicken wings regular and hot, steamed shrimp. Also, \$10 special half pound of steamed shrimp with a pitcher of beer.

Saturday, Dec. 4

OC CHRISTMAS PARADE Holiday parade with high school bands, floats and marching units at 11 a.m. Activities in Gold Coast Mall following the parade. Parade route tentatively: 100th Street north to 115th Street at mall. Info: Honey Jarvis, 410-524-9000.

LIVE

ATLANTIC HOTEL

Main Street Berlin MONDAY – Earl Beardsley

> BJ'S ON THE WATER

75th St. Bayside 410-524-7575 FRIDAY – Opposite Directions SATURDAY – Philly George Project WEDNESDAY – Crowded Outhouse

CAROUSEL HOTEL 118th St. Ocean City 410-524-1000 FRIDAY – DJ Rupe

CLARION RESORT

10100 Coastal Hwy. Ocean City 410-524-3535 FRIDAY – Synergy SATURDAY – Synergy

> DENOVO'S

South Gate – Ocean Pines 410-208-2782 SATURDAY – AI Prescott TUESDAY – AI Prescott WEDNESDAY – AI Prescott THURSDAY – AI Prescott



Dave Sherman @ Harpoon Hannas

> FAGER'S ISLAND

60th St. & the bay, Ocean City 410-524-5500 FRIDAY – DJ Hook SATURDAY – Evolution/DJ Groove/Sunset Lounge

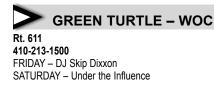


Crowded Outhouse @ BJ's

GLOBE THEATRE 12 Broad St. Berlin 410.641.0784 FRIDAY – Dark Gold Jazz

SATURDAY – Fifth Avenue SUNDAY – Patrick McAllorum

GREEN TURTLE NORTH 11601 Coastal Hwy. 410-723-2120 SATURDAY – DJ Wood



HARPOON HANNAS

142nd St. Bayside FRIDAY – Dave Hawkins SATURDAY – Dave Sherman WEDNESDAY – Bobby Burns

MARYLAND LOTTERY WINNING NUMBERS WEEK ENDING SATURDAY, NOVEMBER 6, 2010

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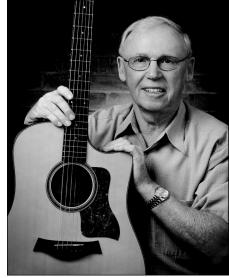
ENTERTAINMENT

> HOUSE OF WELSH

1106 Coastal Hwy. Fenwick 1-888-666-0728 SAT. & SUN. – Tony Vegia WEDNESDAY - Bob Hughes

MARINA DECK

Penington Commons – Rt. 589 Ocean Pines, 410-641-5590 FRIDAY – Barbara Clare on Piano SATURDAY – Patrick McAllorum



Patrick McAllorum @ The Globe & Marina Deck

> SEACRETS

49th & the Bay, Ocean City 410-524-4900 THURSDAY – DJ Wax FRIDAY – Joe Bachman & The Crew SATURDAY - Opposite Directions/John McNutt/Big Bang Baby



Rt. 589 – Racetrack Rd. 410-208-1900 FRIDAY – Tranzfusion SATURDAY – The Gas House Gorillas WEDNESDAY – Hey Mick Karaoke

> WHISKERS BAR & GRILL

11070 Cathell Rd. Ocean Pines 410-208-3922 FRIDAY – Karaoke w/Donnie Berkey

> YACHT CLUB

Ocean Pines 410-641-7501 FRIDAY - Kemosabe Joe

Big & Small . . .

Everybody's Reading The Bayside Gazette



Have Your Message Seen Call 410-641-0039 www.BaysideOC.com

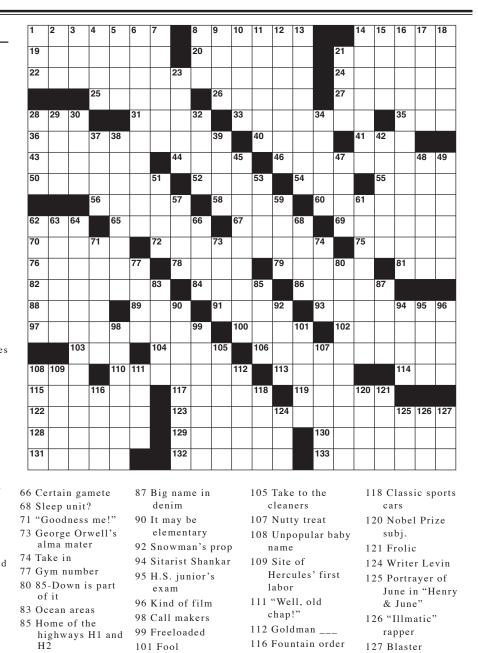
CROSSWORD SUDOKU

LEADING ARTICLES By Will Nediger / Edited by Will Shortz

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10834 Ocean Gateway, Berlin (Formerly Croppers)

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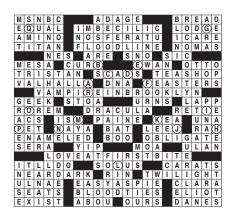
© Puzzles by Pappocom **HARD - 43**

Fill in the blank spaces in the grid so that every vertical column, every horizontal row and every 3 by 3 box contains the numbers 1 through 9, without repeating any. There is really only one solution to each puzzle.

				3		9		
		1	8			9 2		
	4	3			2			
	1			7				2
2 4			3		5			1
4				9			8 2	
			9			1	2	
		7			6	4		
		2		1				

The answers to last week's puzzles

9	3	6	1	8	2	7	5	4
4	2	1	9	7	5	8	3	6
7	5	8	3	6	4	1	2	9
6	9	4	7	3	1	2	8	5
3	7	5	6	2	8	4	9	1
1	8	2	4	5	9	6	7	3
5	6	3	2	1	7	9	4	8
8	4	7	5	9	6	3	1	2
2	1	9	8	4	3	5	6	7



Local artists show their latest work at Water's Edge Gallery in November

BERLIN – Local artists join artist in residence, Kevin Fitzgerald, for a show of their latest paintings at Water's Edge Gallery this month.

The lineup includes Pete Cosby, Patrick Henry, Randy Hofman, Parker Nicholls, Brooke Rogers, Deborah Rolig and Peggy Warfield.

Works will be displayed beginning in November and with an artists' reception during Berlin's 2nd Friday Art Stroll on Nov. 12 and during Holiday Arts Night and Christmas Tree Lighting on Nov. 26. This is a rare opportunity to view the work of some of the most well known artists from the lower Eastern Shore in one exhibition.

"We are excited to showcase some of the best in local art and talent," said gallery manager Gail Lewis. "Each artist brings his or her own style from traditional landscapes to modern interpretations. The show is guaranteed to offer something for everyone."

Nationally recognized artist Fitzgerald will be headlining the show with his latest series of landscapes. Fitzgerald has been painting for over 30 years and holds a BFA from Maryland Institute College of Art and an MFA under full fellowship from George Washington University.

Berlin artist Cosby is self-taught and paints primarily in oils and focuses on the theme of "Wind, Water and Waves." He has been influenced by other local artists including fellow show participant Henry who offers a distinctive painting style while exploring a diverse subject matter. Henry's work is attracting a growing number of collectors and admirers. Biblical sand sculptor Hofman has been painting since childhood. The Ocean Pines artist paints scenes from Assateague with interwoven religious interpretations.

In 1999, Nicholls, also from Berlin, suffered a catastrophic knee injury led to near fatal medical complications which led Parker back to painting, primarily as therapy. This artist's diverse life experiences and personal challenges have become a constant point of artistic reference. His soulful images inspire powerful feelings of faith, hope family and humanity. Ocean City native Rogers studied with abstract expressionist Grace Hartigan at the Hoffberger School of Painting in Baltimore, where he received an MFA in 1992. Although his large-scale paintings often tend toward abstraction, much of his work starts with direct observation from nature.

The narrative quality of Snow Hillbased artist Rolig's paintings combined with the juxtaposition of bits of realism on an abstract field captures a broad audience. The rich textures and many layers of color give the viewer a sense of the evolution of each painting. Artist Warfield ventured into watercolor painting over 23 years ago later to discover collaging. She feels that the art of collage allows the viewer to become a participant by attaching his or her own meaning to the work.

All of these local artists are on display now through the end of the month. The Water's Edge Gallery is in downtown Berlin at 2 South Main St., across from the Atlantic Hotel, and is open to the public seven days a week. For information, contact the gallery at 410-629-1784 or visit www.WatersEdgeBerlin.com.



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OCPHC to hold annual Hots for Tots Chili Cookoff

OCEAN CITY – Calling all chili cooks from area restaurants. Entries are needed for the 12th Annual Ocean City Parrothead Club's Hots for Tots Chili Cookoff.

The Cookoff will be held on Sunday, Dec. 5, at the West Ocean City Greene Turtle from 1-4 p.m. Judging of the Cookoff will be done by patron participation.

A Best of Show Award will also be given to the best dressed area. The Cookoff is a toy drive for the Worcester County Sheriff Assocation's Needy 2010 and a fund drive for the Worcester GOLD families during the holidays. Hundreds of patrons and over 50 different chili entries are anticipated.

If you are interested in participating in the Chili Cookoff, visit the Greene Turtle for a registration form or visit www.ocphc.com and click on the Chili Cookoff link.

BAYSIDE Fire roasted sirloin with sautéed Brussels sprouts

There's nothing like a 45 degree windy day on the shore to remind us of the time of year. And to think that I was going to



go to the park in a pair of shorts and flip flops. As my neck has been paining me since I awoke, I hadn't gone outside

By Paul Suplee, CEC, PC III until the after-

noon, and as such I had no flipping idea that it had turned so cold.

Had my intuition to change not been actuated, the shivering would probably have thrown a few extra vertebrae out of whack, so three cheers for intuition, or as reality would have it, common sense.

As I stood at the park watching the kids play, thoughts of the evening's dinner were warming my body and mind. Imagination is a wonderful thing. With a sirloin roast in the oven and vegetables already blanched and ready to fire, I knew that a warm, home cooked meal awaited us.

Served with fresh semolina bread smothered in butter, there was no need to order out or to even consider a quick stop at the sub shop. No, tonight we needed what was in the oven. It was perfect.

So I guess that this means two weeks in a row of comfort foods. I'm on a roll, and this is the type of food that I love to serve my family. When the plates were cleared from the table, we reflected on the great conversation around the table, with the added guests of one of my kid's friends and my mother, and the food was almost gone.

The telltale sign that the chef is hitting the mark is seen in the dish room. If the plates are filled with food, then it's time to reacquaint yourself with standard techniques. If the plates are wiped clean, then you are doing a good job. Or, the kids are giving the plates to the dog behind your back.

One of the age old techniques that I employed in this dinner is in the basting glaze on the roast. I always start with a good quality stock, be it veal



or chicken, and I reduce it by a third. I begin my basting with this and as the water in the basting liquid evaporates and it becomes progressively thicker and stickier, the baste turns to a glaze.

This adds an amazing flavor to the meat and seals it, keeping moisture in. Then, as the roast is completed, the sauce is strained, adjusted and poured over the meat as a finished sauce. If you want to make it even more outrageously mouthwatering, mount the sauce with small pats of butter prior to service. I personally find this to be superfluous, but have at it if vou like the fat.

The carrots are garden variety, and that's literal as they are the last of our garden crop for the season, and they are cooked in the classical way; sugar and

water cooked to syrup and then seasoned. If you want to spruce these up, add some lemon zest.

And as the sun goes down, disturbingly early as winter approaches, our bellies are full, allowing us to slumber well, tucked into our warm blankets wondering what weather awaits us in the following days.

As for me, I'm not packing my shorts and flip flops yet.

FIRE ROASTED SIRLOIN

serves 6 1 1/2 lb. sirloin roast, defatted

Salt & Pepper

2 cloves fresh garlic, minced

1 tsp. Cajun seasoning EV Olive Oil

2 Tbsp. melted butter

2 c. Veal or chicken stock

1. Roll the sirloin roast in the first four ingredients, and wrap it tightly in a roll of plastic wrap

2. let it sit in the refrigerator for four to six hours

3. Reduce the stock by one third

and set aside until ready to roast 4. Unwrap the roast and pat dry if necessary. Brush down with the olive oil and butter

5. Heat your best grill and sear the outside until it is brown on all

sides 6. Place the roast in a 400F oven and pour the stock over it

7. Baste the roast constantly and continue to cook until the temperature is to your liking

8 Let the roast rest for ten to fifteen minutes to allow it to relax a touch, and then slice thinly

9. Strain the sauce and reduce to a glaze and pour onto the sliced roast

SAUTÉED BRUSSELS SPROUTS 18 ea. Brussels Sprouts Olive oil

S&P Lemon zest

1. Blanch the sprouts in boiling salted water for four to five minutes 2. Refresh in ice water until ready for service if you are not cooking them immediately

3. When ready to serve, heat some olive oil in a pan and sautee the sprouts until they are just barely turning golden 4. Season and serve

GLAZED CARROTS 3 ea. Medium carrots, peeled and

sliced water to cover

sugar to taste

1. Place the carrots in a small frypan so that they are spread out in about three lavers at most

2. cover with water and add some sugar

3. reduce the water on a medium heat, and when the water and sugar are reduced, the carrots should be done. Check the carrots occasionally. If they are overcooking, simply remove and reduce the water. Add the carrots back and season to taste.

Paul G. Suplee is a certified executive chef and ProChef certified Level-3. He is a writer and culinary instructor. His ePortfolio can be found at www.heartofakitchen.com.





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